



CONFIRMATION PROGRAM SAINT REFLECTION FORM

Due March 10, 2026

Teen's Full Name: _____

Full Name of Saint Chosen: _____ (i.e. St. Joan of Arc, not Joan or St. Joan)

Choosing a saint is a very exciting and powerful part of the journey to Confirmation. A great place to start in searching for the best saint for YOUR journey is by thinking of your greatest weaknesses. Finding other disciples who have journeyed before you and who have triumphed through Christ over those weaknesses would be a powerful beginning to your search.

In addition to completing this form, Confirmation 1 teens must also write a one-page, double-spaced, 12-size font, 1 inch margins Saint Report. This Saint Reflection Form is meant to help guide you in writing the report. At a minimum, it should include the saint you've selected as your patron saint for Confirmation, why you chose them, what they're known for and a little bit about their background/life.

Share at least five highlights or stand out occurrences of your saint's life. What made him/her stand out from others? How did he/she become holy? What were some of the trials that this person faced?

1) Based on the testimony of their lives (mentioned above), circle all the descriptions that best exemplify your saint:

Healer Helper Teacher Leader Sufferer Peacemaker Prayer Temperance Honesty

Lover of the Eucharist Warrior Evangelist Overcoming Obstacles Courage Perseverance

Hope Charity Prudence Justice Gratitude Generosity Obedience Patience Humility

2) How can you grow more in these virtues? Do you struggle with them? Why? What in your life is calling you to exemplify this virtue?

3) How can you relate to this saint's life story or journey in your own journey?

4) How has looking into the lives of the saints brought a deeper understanding to your Confirmation journey?

5) Of the thousands of saints (we know of), what made you choose this particular saint? (min. 5 sentences)

6) What would you say to this saint right now, if you could meet him/her in person?

7) Can you think of one living person who is a positive, Catholic role model for you on your faith journey (family member, friend, teacher, priest, etc?) Briefly explain.

Be sure to tell them how they have positively influenced you and ask them to pray for you on your faith journey!