



Adult Confirmation Saint Reflection Directions

Choosing Your Confirmation Saint

As part of your preparation for the Sacrament of Confirmation, you are invited to choose a saint whose name you will take as your Confirmation name. This saint will be a spiritual companion and intercessor for you throughout your life of faith.

Your saint should be someone whose life and virtues inspire you, and who you can look to as a model of holiness. Take time to read about the lives of different saints and prayerfully choose one who speaks to your heart or connects with your personal journey.

Once you have chosen your saint, please write a brief reflection (about 250–500 words) that includes the following:

Reflection Prompts

1. **Which saint did you choose, and why?**
 - What drew you to this particular saint?
 - Is there anything about their story, mission, or virtues that resonates with your life?
2. **What do you admire most about this saint?**
 - What qualities, struggles, or accomplishments stand out to you?
 - How do they reflect the call to holiness?
3. **How do you hope this saint will support or inspire you in your journey as a Catholic?**
 - In what areas of your life do you hope to grow with their intercession?
 - How might they be a spiritual role model for you moving forward?

Please type your reflection and submit it via email by **Thursday, May 7**. If you need help finding a saint or want suggestions based on your interests or background, feel free to reach out—we're happy to help!

Contact: AdultConfirmation@smdpyl.org