

Sixth Grade Session 12: Saints January 5, 2026

Dear St. Anthony, you took the words of Jesus seriously, "Be perfect, even as your heavenly Father is perfect." The Church honors you as a Christian hero, a man wholly dedicated to God's glory and the good of the redeemed. St. Anthony, Model of Perfection, ask Jesus to strengthen our good dispositions and to make us more like you, more like Him. Amen

What was a little different about our opening prayer?

Did you think it was weird to ask St. Anthony to pray for us? Have you ever asked another person to pray for you, or have you ever prayed for someone else? During Mass when we say the Creed, one of the things we say is "I believe in the Communion of Saints." The Communion of Saints is a fellowship, a union, between Christians, both living and dead. So we can call on those Saints, those Christians in Heaven, and ask them to pray for us.

- How many of you want to go to heaven?
- How many of you want to be a saint?
- How many of you want to be holy?

What is the funny thing about all three questions? They are all essentially the same question. How many want to go to heaven? Probably all of us. But when asked how many of us want to be holy and become saints, we become a little more hesitant.

What is a saint? We are all called to be saints! By definition, a saint is anyone that is in heaven with God. How do you become a saint? By being holy.

Universal Call to Holiness

- Jesus has called all of us to be saints – to be holy. He said, "be perfect as your heavenly Father is perfect (Matthew 5:48).
- We think of saintly people as being great martyrs, hardcore prayers or really old people.
- We think of them as being perfect and we have a hard time connecting with them because we don't think they are like us.
- We don't realize that there are saints who lived normal lives.
 - St. Dominic Savio died when he was 15 years old.
 - St. Gianna Molla was a mother that sacrificed her life for her daughter in the 1960s. Her children and husband were at her canonization.
 - St. Maximilian Kolbe was a priest who gave his life in a Nazi Concentration Camp so that another man with a family could live.
 - St. Francis of Assisi came from a wealthy family before he took a vow of strict poverty.
 - Most of you have heard of Mother Teresa – St. Teresa of Calcutta - who worked with the poorest of people in Calcutta.
- Many times, we don't realize that we have the grace from God to be a saint.

- You don't have to be a priest or nun, you don't have to be old or have lived a long time ago.
- Being holy is about living every day of your life for God.

Questions

- Did you ever think of yourself as a saint?
- What are some things that you need to do to become a saint in your everyday life?
- Who is your favorite saint? Why?
- Who is someone you know model's holiness?
- Who are your Christian role models?

Be a Saint!

- Some days we may do really well and other days we may fail, but as we strive to be holy, we turn back to God, seek reconciliation and strive to do better.
- Being holy begins with the little things in your life: praying, attending Mass, and being kind to your friends and strangers.
- If you go to heaven, you are a saint.
- God wants us all to be saints; we are all called to holiness.
- We are all called to learn to fall in love with God and to seek and follow His will.
- God gives us the grace to be holy.

Hands on Saints Activity

- Becoming holy and following God's will can take some work.
 - Using a piece of colored paper, draw an outline of your hand and cut it out.
 - Write down ideas of things you can do in your everyday life to work towards becoming a saint.
 - Cut out additional hand prints if needed.
 - When done, glue the handprints on a poster board. Add a title at the top "Doing the Work to become a Saint" or "All hand's on deck to do God's will" or another title you like.

Closing Prayer

Prayer of St. Francis

Lord, make me an instrument of Your peace; where there is hatred, let me sow love;

Where there is injury, pardon; where there is doubt, faith;

Where there is despair, hope; where there is darkness, light;

And where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console;

To be understood, as to understand; to be loved, as to love;

For it is in giving that we receive,

It is in pardoning that we are pardoned,

And it is in dying that we are born to Eternal Life.

Amen.

