

Seventh Grade Session 16: Part 2 Saints Project!

Opening Prayer

Dear Jesus, we thank you for Saints. We thank you for giving us these precious advocates to ask for help and intercession. Please open our hearts today as we begin to think about our own patron saints for our confirmation next year, that we may choose a saint with special meaning. Please help us to remember that we, too, are called to be saints and help us remember to be our best selves in all that we do, including preparing our Saint Project! Amen.

Saint Project Overview

The session will be used to give you time to review different Saints. Hopefully, you will choose a Saint that you would like as a Confirmation name.

- How many of you last week thought about which saint name you might want to use for Confirmation?
- Why that saint?

Why Do Catholics Choose Confirmation Saints? *(by Life Teen)*

As we go through our sacramental preparation for Confirmation, Confirmation Saints are chosen to be a person we want to be like, as well as someone who can pray for us from heaven.

Through the process of canonization, when someone is declared by the Church to be a saint, the Church is proclaiming that this member of the faithful practiced heroic virtue during their life on earth, 'the Church recognizes the power of the Spirit of holiness within her and sustains the hope of believers by proposing the saints to them as models and intercessors' (CCC 828).

To aspire to be like a saint is the same as trying to imitate an actor, musician, or athlete; a Confirmation saint is someone cool who we want to be like!

You may have a famous actor, musician, or athlete that you really admire for their talent and skill. What many people don't realize is that there are good people to look up to within our Church, for us to try to be like as well. It is common for us to think that only adults are able to become saints, but that is wrong.

As a young teen in the early 4th century, Saint Agnes was martyred because she refused to denounce her faith. Saint Aloysius, a young Jesuit in the late 16th century, helped care for people who were sick with the plague, giving them care and love as they left this world. His

close contact with the disease took his life soon thereafter. Both these young saints bear witness to having love of God as their first priority.

It is important to remember that as members of the Church, we are never alone, as St. Paul said, 'We are surrounded by so great a cloud of witnesses. These witnesses are the saints who continually intercede for us; in choosing a Confirmation Saint, we are choosing a special friend to intercede for us in heaven and after whom we can model our lives while here on earth.

You can't call up a famous person you want to be like and ask them for help, but your Confirmation Saint is someone who you can talk to whenever you need them and they will always have your back!

Choosing a Saint

As part of the process of choosing a saint, we will be doing a poster project about the saints!

Each poster will contain the following information:

1. Picture of your saint either from a website, scanned image, or your own artwork.
2. The Feast Day for that saint
3. The date of their birth, and the date of their death
4. 3 interesting facts about this saint
5. Why this particular saint would be a good candidate for your Confirmation name.

Resources

- **Quick Guide to the Saints**– Short list of patron saints that may be of interest to teenagers.
- **A-Z List of Saints** – this is a much longer and complete list and has many different occupations and skills, so this may be a good way to choose a saint if there is a certain occupation or skill that is special to you.
- **Calendar of Saint Feast Days** – this is a good place to look up the Feast Day of your Saint (one of the required facts for your poster) or to choose a Saint based on a special date (such as your birthday)