

Confirmation Journal Activity

March 29, 2023

Topic: Choose a Patron Saint/Confirmation Name

Learning Work:

- Choosing a Saint's name is part of the process of being confirmed. The saint is intended to be a patron or spiritual guide and model for the spiritual journey of the person being confirmed. Please take the decision seriously, exploring several saints that appeal to you and seeking one that you feel will be a good patron for you. You might consider saints who share your name, your favorite hobbies, patrons of a cause, or whose life and model of holiness simply appeals to you.

Reflection Questions:

- What Saint did you choose?
- Briefly share the Saints biographical information (Year of birth and death, important family or life information, traits or actions they are known for.)
- Include a quote from your Saint.
- Why did you choose this Saint? What is the personal connection for you?

Need help finding information, here are a few websites to help you find information:

<https://www.catholic.org/saints/>

<https://www.cin.org/saints.html>