



GOOD SHEPHERD
CATHOLIC CHURCH & SCHOOL

CHOOSING A SAINT

Due by Wednesday, February 15, 2023

Submit at <https://www.goodshepherdgv.org/youthconfirmation> (Confirmation Saint Selection and Reflection Section)

Helpful tips for how to choose a Confirmation Saint

1: Pray

Definitely pray about this! Lots of people have stories about how their saint found them. Be prayerful and open. This is definitely the most important step, and might be the only one you really need.

2: Consider a saint whose feast falls on your birthday or baptismal day

It's a nice connection, and makes a great starting point. For a calendar of saint feast days, visit: <https://www.vaticannews.va/en/saints.html> and use the little calendar icon to find a date.

3: See if there is a saint that shares your given name.

Plenty of people choose a saint that they are already named for (whether that was intentional or not isn't important). You can use one of the resources below to help you find saints by name.

4: Choose a saint who is the patron of (or is otherwise connected to) your desired occupation, vocation, or life state.

What are your interests? What are your aspirations? What might you become? Chances are, there is a saint associated with these things – as saint who can relate to your life, which forms a special connection. Who better to pray for you than someone who lived a holy life in circumstances similar to your own or with interests similar to yours? They will know just what to pray for, better than you will yourself. You can use the listing of patron saints to help you find a saint in this way.

General Listings of Saints

- <https://www.ewtn.com/catholicism/saints>
- <https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>
- <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/saints/>
- <https://www.catholicnewsagency.com/resources/saints>

Patron Saints (alphabetical by cause)

- <https://www.catholic.org/saints/patron.php>
- <https://ourcatholicfaith.org/patronsaints.html>

Once you have chosen a saint. Please spend time learning about your saint. You will be asked to submit a short reflection on who your saint is and why you have chosen your saint. To submit, please fill out the form at <https://www.goodshepherdgv.org/youthconfirmation> (Confirmation Saint Selection and Reflection Section)