

Your Patron Saints

In the rite of Confirmation you are called by name. The Church encourages you to use the saint's name given to you at Baptism as your Confirmation name to emphasize the strong connection between these two sacraments. This exercise will help you to choose your own patron saint, and hopefully lead to developing a relationship with one particular saint—your patron saint.



Write your first and middle names here:

Using a Catholic encyclopedia, a book of saints, or an Internet site such as www.catholic.org/saints, list as many saints as you can find that share one of your names.

Write your birthday and the date of your Baptism here: _____.

List those saints whose feast day is one of the dates written above.

List as many hobbies or regular activities as you can think of that are important to you here:

Find out if there are patron saints for those hobbies or activities. List them here.

Now read the short bios of the saints you have listed above until you find a story that inspires you. Write that saint's name here: _____.

Research into this saint's life by finding the following information:

Date and place of birth: _____

Lifelong Catholic or convert: _____

Date and circumstance of death: _____

Best known for: _____

Virtues exhibited by this saint: _____

Temptations or struggles faced by this saint: _____

Feast Day: _____