



Choosing a Confirmation Saint

Reflection Worksheet

Take a few minutes to ask the Holy Spirit to guide you in choosing a Confirmation Saint. You should have a unique connection or devotion to this particular Saint and be willing to commit yourself to imitating something about them.

- 1. Research and read about the lives of at least 5 different Saints.**
- 2. From those five, choose three Saints whose lives intrigue you.**

a) _____

b) _____

c) _____

- 3. What makes you feel connected to them?**

a) _____

b) _____

c) _____

- 4. What stands out the most about each Saint?**

a) _____

b) _____

c) _____

- 5. Which of those Saints faced struggles that you have?**

- 6. Which of those Saints do you feel would be a good role model for you and why?**

- 7. Which Saint would you like to take as your Confirmation Saint?**