



SACRED HEART of JESUS
CATHOLIC PARISH AND SCHOOL

Confirmation Final Saint Project

Choosing a Saint name is an essential part of Confirmation, and it is an acknowledgement that the Holy Spirit will change you through the grace of this Sacrament. We see in Scripture that Jesus changed the name of some of His disciples to signify that their role had been changed and that they were becoming, in a sense, a new person. For example, Abram became Abraham (Genesis 17:5), Sarai became Sarah (Genesis 17:15) and Simon became Peter (Matthew 16:18).

When choosing a Saint, you should choose someone who exemplifies a quality that you wish to have, somebody whose life you want to emulate, or somebody you have something in common with. You should also be asking for the prayers and intercession of the Saint that you choose. When you choose a Saint, and begin to pray for their intercession, he/she becomes your patron Saint for the rest of your life!

As part of Sacred Heart of Jesus' Confirmation preparation process, each candidate is asked to submit a project of their choosing on their chosen Confirmation Saint. Candidates will have a creative license in what their individual projects will look like, they can choose from the following:

- Create a video (between 7-10 minutes in length)
- Write an Essay (2-3 pages double spaced)
- Create a PowerPoint/Canva Slideshow (minimum of 7-10 slides)
- Speech (7-10 minutes in length) given to Confirmation Coordinator & Small Group Leaders.
- If you have other ideas for your Saint Project outside of these options, please email Jen Zans to get approval before beginning.

Please keep in mind that the purpose of this project is to help candidates become familiar with the Saint whose name they have chosen as their Confirmation name. Don't copy and paste the information from the internet; use this as an opportunity to get to know one of our heavenly brothers and sisters in Christ.

What to include in your Saint Project:

- Candidate's full name
- Name of Saint (*the full name of the Saint as there are many Saints with the same first name*)
- Birthplace of the Saint
- Birthdate or *if birthdate is unavailable, the approximate years he/she was alive*

- Important facts/information/details about the Saint
 - Date of their Feast Day from the Liturgical Calendar
 - What is the Saint known for?
 - Are they a patron/patroness of any causes?
 - Why did you choose this Saint?
 - What virtues do you admire about this Saint?
 - What about this Saint inspires you to love and know Jesus?
 - How can your life reflect the life of this Saint? What changes can you make to live like him/her? *Be specific.*
 - How is this Saint a model for Christians today?
 - Is there a prayer or novena for the intercession of this Saint? *Do not need to include in project.*
 - If so, pray this novena at least once as part of your project and ask the Saint to journey with you throughout life, especially as you prepare for Confirmation.