

Topic: Confirmation Saints

Family Lesson for Confirmation Week 1.2 (September 28, 2025)

Parent and Student Resources	
The resources listed below will be used in some capacity throughout the lesson. Please read them when prompted.	
Student Resources	Parent Resources
<p>A Well Built Faith:</p> <ul style="list-style-type: none">• None <p>Formed:</p> <ul style="list-style-type: none">• None <p>Other:</p> <p>How to Choose a Confirmation Saint</p> <p>List of Confirmation Saints for Guys and Girls</p>	<p>Deep Dive: None</p> <p>Articles: The Ordinarity of Sainthood</p>
1. Opening Prayer (read together)	2. Personal Connection
<p>Come Holy Spirit Prayer</p> <p>Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.</p> <p>O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord. Amen.</p>	<p>Parents- Reflect on then discuss the following:</p> <p>Who is your confirmation saint? How did you select him or her? How has that saint, or any of the saints, impacted you or your faith life? How do you try to emulate the saints in your life?</p> <p>After sharing, ask your student:</p> <p>Year 1: Have you considered your confirmation saint? If so, who and why? If not, what saint(s) inspire you? Why? Why do you think we should strive to emulate the saints?</p> <p>Year 2: Do you remember who your confirmation saint is? How has your relationship with your saint changed or deepened? Why do you think we should strive to emulate the saints?</p>
3. Activity	
<p>Find it Fast!</p> <p>This activity is a race between student and parent to find the answers to each of the following questions. Grab a device and get ready to search. Who can find it first? On your mark, get set, go!</p> <ol style="list-style-type: none">1. Who is the newest canonized saint?2. What country has the most canonized saints?3. Name someone currently “beatified” or “blessed” on their way to sainthood.4. How many popes have become saints? <p>TIE BREAKER!!!</p> <ol style="list-style-type: none">5. Is there a saint with your name?	
4. Discussion Questions (writing down answers prior to discussion may encourage deeper conversations)	

1. Which saint that you have heard about or learned about recently spoke to you? It can be a saint that you've stumbled across or learned a bit about during our First Sanctuary Lesson! What about their story was impactful?
2. Read [How to Choose a Confirmation Saint](#). What will you look for in your confirmation saint?
3. Year 1:
 - a. [List of Confirmation Saints for Guys and Girls](#). Pick 2-3 names off of the list to consider as your confirmation saint for you as you start to move through the process of preparing for confirmation. Pray and ask for their intercession as you go through your confirmation journey.
4. Year 2:
 - a. Reflect on the saint you chose last year, if you remember. In what ways have they been with you so far in your confirmation journey. Is there another saint whose name has started to appear more regularly since you've started your journey? Do you feel called to change your confirmation saint?

5. Closing

As a family, discuss your current prayer intentions and take a moment to pray together.