

# SAINT REFLECTION

*Confirmation is a Sacrament in which those who have been baptized receive the fullness of the Holy Spirit, whom the Lord sent upon His apostles at Pentecost. In Confirmation, the Baptismal vows are renewed and the sealing of the Spirit serves as preparation for a mature Christian life. The Bishop dips his right thumb in the Chrism (oil) and makes the sign of the cross on the forehead of the one to be confirmed, as he says:  
\*NAME OF SAINT \*, be sealed with the gift of the Holy Spirit.*

Each candidate must write a reflection on the Saint they have chosen for their Confirmation. Choosing a saint name is an essential part of Confirmation and it is an acknowledgment that the Holy Spirit will change you through the grace of this Sacrament.

We see in scripture that God changed the names of some of his own to signify 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 will strive to reach in your faith walk. You may use your baptismal name which expresses the relationship between Baptism and Confirmation. However, if a new name is taken, it should be the name of a recognized Saint in the Catholic Church.

**INSTRUCTIONS: Each candidate is responsible to research the Saint they have chosen and write about one area in that Saint's life that touched them. How did that saint truly live a life of faith? Why do you think the Saint chose the way of God over the way of self? Can you see yourself choosing God over self by thinking about this Saint's life as an example?**

**Minimum of one typed page, double spaced with two pictures.** If you would like to make a poster board instead of a paper report, you are welcome to do so. This should be the name you eventually take as your confirmed name. Research it – a good online resource is [www.catholic.org/saints/](http://www.catholic.org/saints/)

**Year 2 final due date: January 8, 2023**

[www.holytrinityladera.org/sacraments/confirmation/](http://www.holytrinityladera.org/sacraments/confirmation/)



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