

# What is a Patron Saint Reflection?

**Due Wednesday, January 20th, 2026**

The patron Saint reflection is a written reflection expressing why each teen feels called to take on a particular saint as his or her patron. Saints are ordinary people who lived extraordinary lives. A patron Saint is a special saint with whom you share a bond and from whom you seek intercessory prayers. At Confirmation, we are confirmed under the name of our patron Saint as a reminder of the commitments made during the sacrament.

We don't actually choose a saint, they choose us, but there are some things we can do to find them. We should pray and ask for the intercession of a particular saint and research about the lives of saints. Eventually we'll be drawn to a particular saint. This is our patron!

## **Guidelines:**

In your own words, please address the following prompts in your reflection. This should be **handwritten**. Write at least one paragraph for each question.

Include at the top, your first and last name and the name of your Patron Saint.

- What was the life of this saint like?
- Why did you choose this saint? What drew you to him or her?
- What do you admire about this saint?
- How do you hope this saint will intercede for you in your life?

**Completed reflections should be handwritten and turned in on Wednesday, January 20th at Faith Formation or in Theology class.**