

## CHOOSING A CONFIRMATION SAINT

We choose a Confirmation saint because we realize how unfortunate it would be to travel alone. The saints have so much to teach us about this journey.

The following list is for you to use as a starting point to assist your child in choosing a “Confirmation saint-buddy.” Have your child pick a saint who speaks to them. Know their story, but mostly know the power of their prayer to this saint. Encourage your child to include praying to this saint as part of their prayer life.

### I) “Superhero” Saints!

The “superpowers” of these saints were not the result of a scientific accident or alien power. These people were simply receptive to the mighty power of God. These following saint stories are incredibly heroic!

St. Mary, the Mother of God  
Bl. Miguel Pro  
St. Joseph Cupertino  
St. Joan of Arc  
St. Louis IX  
St. Simeon Stylites  
St. Denis  
St. Patrick

St. Peter  
St. Maximilian Kolbe  
St. George Martyr  
St. Padre Pio  
St. George  
St. Quiteria  
St. Margaret of Antioch

### II) Modern Day Saints

Men and women who know what it means to live in the 21st century and still live a holy life. Whew! That’s not only impressive, but beautiful. We have a lot to learn from these men and women.

St. John Paul II  
Bl. Chiara Badano  
St. Mother Teresa  
St. Katharine Drexel  
St. John XXIII  
St. Luigi Orione  
St. Jaime Hilario Barbal  
St. Maria Bernard Butler  
St. Mary MacKillop

St. Gianna  
St. Josemaria Escriva  
St. Teresa Benedicta of the Cross  
St. Maria Faustina Kowalska  
St. Pauline of the Suffering Heart of Jesus  
St. Andre Bessette  
St. Riccardo Pampuri  
St. Pius X  
St. Oscar Romero  
St. Paul VI

### III) SAINTS WITH REALLY COOL CONVERSION STORIES

God works wonders in our lives in small and quiet ways, but sometimes His wonders are loud. These saints experienced a profound conversion that shaped their life in tremendous ways.

St. Ignatius of Loyola  
St. Francis of Assisi  
St. Mary Magdalene  
St. Paul  
St. Augustine of Hippo (also a doctor of the Church)  
St. Genesius

St. Vladimir of Kiev  
St. Moses the Black  
St. Longinus  
Bl. Imelda Lambertini

### IV) YOUNG SAINTS

Young people who became saints before the age of 25:

Bl. José Sánchez del Rio  
St. Dominic Savio  
St. Maria Goretti  
St. Aquilina  
St. Lucy  
St. Charles Lwanga  
Bl. Francisco Marto  
St. Philomena

St. Agnes  
St. Tarcisius  
Bl. Chiara Luce Badano  
St. Gemma Galgani  
Bl. Pier Georgio Frassati  
St. Perpetua  
Bl. Jacinta Marto  
St. Aloysius Gonzaga

### V) SAINTS FOR A SPECIFIC INTENTION

For the universal Church and fathers – St. Joseph  
For those suffering nervous and mental afflictions – St. Dymphna  
For abuse victims – St. Monica  
For earaches – St. Polycarp  
For headaches – St. Teresa of Ávila (also a doctor of the Church)  
For toothaches – St. Apollonia  
For sore eyes – St. Clare of Assisi  
For those too sick to care for themselves – St. Roch  
For the poor – St. Lawrence  
For protection from fire – St. Agatha of Sicily  
For those who struggle with doubt – St. Thomas the Doubter  
**For “hopeless causes” – St. Jude Thaddeus**  
For athletes – St. Sebastian  
For musicians – St. Cecilia  
For artists – St. Catherine of Bologna  
For students – St. John Bosco and St. Benedict  
For speakers and philosophers – St. Justin Martyr  
For travelers – St. Christopher  
For friendships – St. John the Evangelist  
For Christian mothers – St. Anne  
For adopted children – St. Thomas More  
For farmers and rural communities – St. Isidore the Farmer  
For bakers – St. Nicholas  
For fisherman – St. Andrew  
For hunters – St. Hubert  
For physicians – St. Luke  
For altar servers – St. John Berchmans