



Catholic Central Activity Guide

Saints

Diving Deeper

- ▶ What characteristics do you see in those who live a virtuous life? Do you look up to these people?
- ▶ Have you ever had a mentor for sports, academics, or hobbies? The saints are like our mentors for the spiritual life. How can we learn from what they have done?
- ▶ Have you ever known someone who went through a dramatic change? Many saints did not start out so saintly. What are your thoughts when you hear how much some saints have changed? Is transformation possible?

Go Forth

- ▶ "Holiness" or "sanctity" means "set apart." What does it mean to "be holy" or to "be a saint?" Many people will say "I'm no saint." Why do you think people shy away from this? What do you find challenging about this call to be holy? Choose one way to strive for holiness in a hidden, quiet way this week. Set an alarm or note for a week from now, and review how it went.

Activity for Large Groups (10+)

- ▶ Have your leader buy a bunch of different saint cards from your local Catholic bookstore. Pass out the cards to the large group and have each person share which saint they received. At the end of the evening, or as part of your usual group prayer, have each person say the name of the saint out loud, and the group respond "pray for us." For example, "St. Mark, pray for us."

Activity for Small Groups (4-9)

- ▶ Have your small group go around the circle and share which saint they choose for their confirmation, or are thinking of choosing for their confirmation name. Share why each person chose that particular saint.



Get More

- ▶ Want to know more about a particular saint? Start here: Chris Stefanick of Real Life Catholic shares the story of [St. Maximilian Kolbe](#).
- ▶ Need more information on how the Church declares saints? Check out this [video](#).
- ▶ Do Catholics worship saints? Father Mike Schmitz answers this question [here](#).
- ▶ What does the Catechism of the Catholic Church say about saints? Click [here](#).

