

WHICH AMERICAN SAINT ARE YOU? (Lesson Plan)

This lesson plan on North American saints is suitable for grades 6–8.

Objectives

The young people will

- learn about several North American saints.
- understand that the saints are models for holy living.
- learn how to recognize holiness in themselves and others.

Materials

- Saints posters
- *Which American Saint Are You?* online quiz :
(<http://www.loyolapress.com/which-american-saint-are-you.htm>)
- Saints prayer cards
- Bibles

Centering

What do you think of when you hear the word saint? What qualities do you think a saint has? Record the responses. When finished, ask the young people to give examples of people who have some of those same qualities. *Which of these qualities do you see in yourself?*

God wants us to be the best person that we can be. God wants us to be saints, and we can all be saints. Being a saint does not mean that we have to be perfect, that we are not without flaws. Instead, what makes us saintly is our desire to be with God and to become the person that God wants us to be.

Prayerfully read Psalm 139:13–14 together:

You created my inmost being;

you knit me together in my mother's womb.

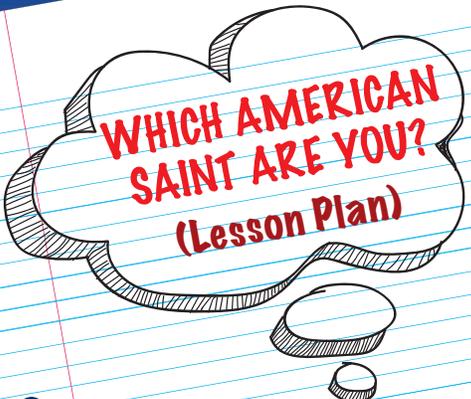
I praise you because I am fearfully and wonderfully made;

your works are wonderful,

I know that full well.

After a brief moment of silent reflection, pray out loud:

Lord, by your grace, help us know ourselves as you know us. Amen.



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Sharing

When we learn about the saints, we must remember that they were normal people just like us. Like us, the saints had to figure out who they were in the eyes of God and then live out that vision. They give us examples of how people dedicate their lives to God. Learning from them, we can figure out how to dedicate our lives to God, each in our own unique way. We can use their lives as a model for living as God wants us to live.

Share with young people the saints poster. Have the young people pick the saint that reminds them of themselves. Group the young people together based on their chosen saint. Have them discuss the following questions. Then have them share with the entire group.

- *What do you have in common with the saint you chose?*
- *What is a fun fact about yourself?*
- *In what ways are you similar to other people who chose the same saint?*

You are a saint!

Let's figure out which saint you are most like. Direct the young people to take the *Which American Saint Are You?* quiz on the Loyola Press website. Allow time for them to take the quiz and share their results with one another. Record the results on the second poster for classroom display.

Group the young people together according to the results of the quiz and ask them to discuss the following questions.

- *What surprised you about the result of this quiz?*
- *In what ways are you similar to this saint? In what ways are you different?*
- *The saints used their interests and talents to serve God. How can you use your interests and talents to serve God and others?*

Closing Prayer

Hand out a prayer card of their saint to each young person and invite them to say the prayer. You may ask those who have the same saint to say their prayer together.