

blessed is she

Meet Your Match

DISCERN + DISCOVER
YOUR SAINT OF THE YEAR





Invite the Holy Spirit into this time of prayer.

Give Him permission to speak to you through your memory, imagination, thoughts, and senses. He wants to share Christ's heart and His Saintly friends with you!



MEET YOUR MATCH

Lord,

Thank You for Your presence.
Thank You for Your peace which
settles my heart. Open my heart
to learn who are my friends on this
journey of loving You. Inspire me
to see Your movement in my life.

Amen.

BLESSED IS SHE

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Meet Your Match

QUESTION 1

Which Saints do you share a name with (first and middle)?

QUESTION 2

Whose feast day is on your birthday? Do you share a birthday with any Saints?

QUESTION 3

Who are the patron Saints of each of the parishes where you received your Sacraments?

Baptism:

Reconciliation:

Confirmation:

QUESTION 4

Look up the dates on which you received the Sacraments. On whose feast days did you receive the Sacraments?

Baptism:

Reconciliation:

Confirmation:

QUESTION 5

Who is your Confirmation Saint?

QUESTION 6

Have you felt drawn to a particular Saint lately? Maybe on a feast day?

QUESTION 7

Which Saint(s) keep showing up either interiorly (thoughts, memories, prayer) or externally (conversation, statues, holy cards, books, quotes)? Pay attention to repetition.

QUESTION 8

Which Saint lived their life in a unique way that inspires you in your particular season of life?

DISCERN + DISCOVER YOUR SAINT OF THE YEAR

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Ask the Holy Spirit to highlight a Saint you've already listed or reveal a new Saint as your Saint for the year.



What is this Saint the patron of? When is his or her feast day? What significance, if any, do these have for you?



MEET YOUR MATCH

Now ask for the intercession
of this Saint as if he or she
were your friend you would
call on the phone.

They are at the heavenly
throne pouring out their
prayer, and they want to
intercede for you.

BLESSED IS SHE