

Tips for Finding and Knowing Your Saint

1. *Find a saint who intrigues you.* Is there a saint who sparks your curiosity or makes you uncomfortable? How about a patron saint of something you love? A saint with a goofy name or similar struggles as you? A saint you're resisting getting to know, or a saint you just don't "get"? Let these questions drive you deeper into who they are. They are perfect "conversation starters" for befriending the saints!
2. *Don't just collect saint names.* It's better to deeply know and love one or two saints than to superficially "know of" dozens. Pick the one or two saints who intrigue or inspire you and get to know them.
3. *Invest.* Start by reading their story online and intentionally invoking their intercession in prayer with a simple, "St.____, pray for us." Go deeper by picking up a biography or, better yet, something they wrote. Try praying a novena for their intercession. Let their spirituality and service inspire you in your own life, perhaps by making an offering to merciful love like St. Therese, incorporating silence into your life like St. Joseph, using media for evangelization like St. Maximilian Kolbe, or striving to feel with the Church and lift up the poor in your community like St. Oscar Romero.
4. *Read about their early life.* Oftentimes, seeing the saints when they were young is all it takes to collapse the distance between us because we see that, in many ways, we aren't that different. This can also give us insights into how to follow Christ as young people.
5. *Seek out their advice.* This is a great way to invite a saint into your life more intimately and vulnerably. As you pray for their intercession, you can look to their life for insight into your own and often to their writings to see what they really would have said in a given situation.
6. *The saints are already pursuing you.* They're humble and don't draw attention to themselves, but if you pay attention, you will begin to notice the saints are walking with you already!

Having a saint to rely on throughout your journey can make a huge difference in your pursuit of holiness.

Superhero Saints

No, their “superpowers” weren’t designed by fancy machinery or alien power. They were simply receptive to the mighty power of God. These saints' stories are incredibly heroic.

- St. Mary, the Mother of God
- St. Denis
- St. George Martyr
- St. Joan of Arc
- St. Joseph Cupertino
- St. Louis IX
- St. Margaret of Antioch
- St. Maximilian Kolbe
- Bl. Miguel Pro
- St. Padre Pio
- St. Patrick
- St. Peter
- St. Simeon Stylites
- St. Quiteria

Modern Day Saints

These are men and women who know what it means to live in the modern era and still live a holy life. That’s not only impressive, but beautiful. We have a lot to learn from these modern saints.

- Venerable Augustus Tolton
- St. André Bessette
- Servant of God Chiara Corbella Petrillo
- Servant of God Dorothy Day
- St. Gianna
- St. Jaime Hilario Barbal
- St. John XXIII
- St. John Paul II
- St. Josemaria Escriva
- St. Josephine Bakhita
- St. Katharine Drexel
- St. Luigi Orione
- St. Maria Bernard Butler
- St. Maria Faustina Kowalska
- St. Mary MacKillop
- St. Mother Teresa
- St. Óscar Romero
- St. Pauline of the Suffering Heart of Jesus
- St. Pius X
- St. Riccardo Pampuri
- Bl. Sára Salkaházi
- St. Teresa Benedicta of the Cross
- Servant of God Thea Bowman

Saints with cool names

Their names aren’t the only cool things about these saints.

- St. Alphonsa Muttathupadathu
- St. Benedicta Hyon Kyongnyon
- St. Ceolwulf of Northumbria
- St. John Chrysostom
- St. Kateri Tekakwitha
- St. Quadragesimus
- Bl. Volodymyr Pryjma
- Bl. Zepherin Namuncura
- St. Zygmunt Gorazdowski

Saints who reached sanctity before the age of 25

Most of these saints were younger than you when they reached sainthood. What's your excuse?

- St. Agnes
- St. Aloysius Gonzaga
- St. Aquilina
- St. Carlo Acutis
- St. Charles Lwanga
- Bl. Chiara Luce Badano
- St. Dominic Savio
- Bl. Francisco Marto
- St. Gemma Galgani
- Bl. Jacinta Marto
- St. José Sánchez del Rio
- St. Lucy
- St. Maria Goretti
- St. Perpetua
- Bl. Imelda Lambertini
- St. Philomena
- Bl. Pier Giorgio Frassati
- St. Tarcisus

Saints who are Doctors of the Church

No, we're not talking about Dr. Strange or Dr. Meredith Grey, but rather physicians of the theology of the Church. Men and women who, through their own intense study and reflection, have given the Church great wisdom and insight.

- St. Albert the Great
- St. Alphonsus Liguori
- St. Ambrose
- St. Anselm of Canterbury
- St. Anthony of Padua
- St. Athanasius
- St. Augustine
- St. Basil the Great
- St. Bede the Venerable
- St. Bernard of Clairvaux
- St. Bonaventure
- St. Catherine of Siena
- St. Cyril of Alexandria
- St. Cyril of Jerusalem
- St. Ephrem the Syrian
- St. Francis de Sales
- St. Gregory of Narek
- St. Gregory the Great
- St. Gregory of Nazianzus
- St. Hilary of Poitiers
- St. Hildegard of Bingen
- St. Isidore of Seville
- St. John Chrysostom
- St. John of Ávila
- St. John of Damascus
- St. John of the Cross
- St. Jerome
- St. Lawrence of Brindisi
- St. Leo I, the Great
- St. Peter Chrysologus
- St. Peter Damian
- St. Peter Canisius
- St. Robert Bellarmine
- St. Thérèse of Lisieux
- St. Teresa of Ávila
- St. Thomas Aquinas

Saints if you need prayers for a very specific intention

A saint is way more than their patronage, but sometimes we just need a saint in our lives who can pray for us in a particular way.

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

Saints with a really cool conversion story

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

- St. Augustine of Hippo
- St. Francis of Assisi
- St. Genesius
- St. Ignatius of Loyola
- St. Longinus
- St. Mary Magdalene
- St. Moses the Black
- St. Paul the Apostle
- St. Vladimir of Kiev