

## ***Sweet n Sour Prep Course***

### ***Course VI: Sinner to Saints***

## **Crash course on Saints**



#### **What is a saint?**

- A saint is a person officially recognized by the Catholic Church as being in heaven.

#### **What is the difference between a Saint and a Blessed?**

- Sainthood is a higher honor than beatification. Saints who have been canonized have had two miracles attributed to them, while blessed only have had one.

#### **What is a martyr?**

- A martyr is a person killed for the sake of Christ. A martyr can be a blessed or a saint.

#### **What is the process for a person to become a saint?**

They have to die! After 5 years.....

- **1. Opening the Cause** - Based on requests from the faithful, the Vatican opens an investigation into a person's life and thus their "cause" for canonization.
- **2. Declaration of Heroic Virtue** - After the initial investigation, the Pope declares the person to have lived a life of "heroic virtue." From this time on the person is called by the title "Venerable" or "Servant of God."
- **3. Beatification** - If the investigation finds that a miracle has happened due to the person's intercession, the Pope "beatifies" the person. Beatification, also known as "being raised to the altars," takes place in an official ceremony at Mass celebrated by the Pope or a designated bishop. The person is called "Blessed" from this time on.
- **4. Canonization** - If the investigation finds a second miracle attributable to the person's intercession, the Pope "canonizes" the person thus making him or her a saint.

#### **The Church canonizes saints and celebrate their lives at Mass for three reasons:**

1. To encourage asking their help and prayers
2. That their lives become a model to be imitated
3. They give us encouragement; if Christ can do it in them, He can do it in me

The saints teach us how to live by having lived in lives and circumstances similar to ours. If people just like us became saints, so can we; and God wants this for everyone. **God calls every person to holiness - to happiness. He gives the grace to make it possible.**

**Veneration is the honor due to the excellence or achievement of a created person.**

The **Olympics** give us an example of veneration. An Olympic gold medal for excellence in athletics is a form of veneration. Honor given for the achievement of an athlete takes nothing away from the glory of God.

The saints are like God's champion athletes. We venerate the saints in heaven because of the excellence they attained in living a life in imitation of Christ. . It is pleasing to God and gives Him glory when we honor those who excelled in love for Him.

It is necessary to remember that the love and honor a person gives to God's saints does not end with the saints themselves but rather it reaches ultimately to God through the saints.

#### **Random stuff:**

We are **ALL** called to the holiness and happiness of the saints and they pray for us to help us in this quest for true and lasting happiness that is found in God alone.

#### **St. Therese of Lisieux**

*"I want to spend my heaven in doing good on earth."*

**St. Maximilian Kolbe** said that while he was on earth he could only help us with one hand because he had to cling to God with the other; when he would be in heaven he would be able to help us with two.

**CCC 2683**

**Our greatest joy comes through serving, that is, to recognize our gifts and then to use them for the good of others. Will God take away our greatest joy in heaven?**

**Thomas Aquinas' sister asked him what it takes to become a saint.**

*"To will it."*

#### **Small Groups Reflection Questions**

- 1. What is required for a person to be a saint?**
2. 1 min sainthood (Each person is given one minute to imagine themselves as a saint in the future, what will they be famous for, or what patron saint will they be.)
3. Reflections on the two videos
4. Based on the Poo game, is it important to become the 'shape' we were made to be? Why/why not?
5. What do you visualize when you think of a saint?
6. Why does the Catholic church recognise individuals as Saints?
7. Would you want to be a saint? Are you afraid of being one? Why?

#### ***You are the Poo of the Earth* Reflection Questions**

1. By itself, was your shape's purpose recognisable?
2. What might it symbolise for all shapes to come together to form 'the world'?
3. What treatment did your piece of poo have to undergo to fulfil its purpose in the grand design?
4. How malleable (easy to mould) are you?