

Faith in Five – Adults Living as a Saint



1. The saints serve as examples for all Catholics, showing us how to lead a more satisfying, more spiritual life in communion with Jesus Christ. They are reminders that life living for Christ will have a lasting reward in heaven. The USCCB states, "All Christians are called to be saints. **Saints are** persons in heaven (officially canonized or not), who lived heroically virtuous lives, offered their life for others, or were martyred for the faith, and who are **worthy of imitation**" (emphasis by author).
2. To be a saint means to be sanctified, to be set apart, to be perfect, to be holy. That holiness comes from God's grace. To be holy, it is necessary to accept God's grace freely and humbly, uniting our effort to allow ourselves to be transformed by Him. It is not a matter of doing everything well, of being perfect, or of reaching certain goals or ideals but, rather, of striving to live each day more and more united to God ([Source](#)). Being a saint is not of our own doing but aligning our will (or our "yes") with the cooperation of God's will and the working of the Holy Spirit.
3. We can find saints being mentioned in the Scriptures. Colossians 1:12, "Giving thanks to the Father, who has qualified us to share in the inheritance of the saints in light." In Ephesians 5:3, "...immorality or any impurity or greed must not even be named among you, as is proper among saints". Revelation 14:12 describes saints as "...those who keep the commandments of God and the faith of Jesus".
4. Bishop Robert Barron, stated that the one real sadness in life is not to be a saint, to not be the person God wants you to be ([Source](#)). Simply put, he states, to be a saint is to do the will of God which is Love. "To love is to will the good of the other." God dwells in you, the Holy Spirit works in you to will the good of the other and to do so consistently.
5. Sanctity and holiness are for every baptized Christian. Every Christian should strive to be a saint. It is not that God's grace is lacking but that our response to God's grace has. This makes us fall short of what we could have done given God's grace ([Source](#)). God offers us the grace to desire His will. We must open our heart to receive it. St. Maximillian Kolbe stated, "When one's will is the same as God's Will, then one is holy."
6. St. John Vianney says, "We can, if we will, become a saint, for God will never refuse to help us to do so". [Pope Francis](#) says that being a saint does not require long hours of prayer but living life open to God in good times and bad. "We become saints because the Lord helps us". St. Thomas Aquinas said, ""The saints live not after the fashion of the world...The dignity of the saints is so great because they are not of this world, but 'of the household of God.'"
7. St. Thomas Aquinas also says to be a saint you must, "Desire it". Another interpretation of this story when St. Thomas' sister Theodora asked how to become a saint, "he replied, Velle", which means simply "resolve" or "will it". Will it with your whole heart, mind, soul and strength.

8. Fr. Mike Schmidt similarly states that you must choose it. Living a saint life includes praying (listening to God), fasting and almsgiving – while necessary during Lent, one should engage in of self-denial giving, serving, and living sacramentally. Becoming a saint is God’s work ([Source](#)). In another post, ([Source](#)), Fr. Mike referenced Fr. Benedict Groeschel who said, “being a saint means saying yes to God and never stop saying yes. It means to do what God wills as God wills it because God wills it, with the grace of the Holy Spirit”.
9. Saints have been made out of sinners, of which we all are – St. Augustine states while there is no saint without a past, there is no sinner without a future. Padre Pio revealed: “Remember: The sinner who is sorry for his sins, is closer to God than the just man who boasts of his good works”. St. Therese of Lisieux says you cannot be half of a saint; you must be a whole saint or no saint at all.

[Lumen Gentium](#) 50 says that the saints imitated Christ, demonstrating outstanding practice of Christian virtue. We should be witnesses of Christian virtue by the lives we lead, that others may see, a light for other people to follow. Living an extraordinary life for Christ means not afraid of taking action and risking it all for His sake.

10. We can seek to grow in relationship with the saints who have in Christ ‘won the race.’ Because of this, they can help us and lead us in our journey towards Heaven. The communion of Saints can pray for us! Pope St. Clement I says to “Follow the saints, because those who follow them will become saints”. St. Phillip Neri shared to be often reading the lives of saints for inspiration and instruction. A Catholic quote states, “Saints set out to follow Jesus, and others followed them in their pursuit of Him” ([Source](#)). St. Teresa of Avila also surmised that it is useful to read the lives of the saints, who endured great torments for Christ.
11. Pope St. John Paul the Great repeatedly said to not be afraid. “Be not afraid! Open wide the doors to Christ!”; “Do not be afraid to become the saints of the new millennium!”; “Become a saint and do so quickly”. He also mentions to be a saint, “do not be satisfied with mediocrity”.
12. Habits to incorporate into your daily life to be a saint ([Source](#)) include beginning the day with a morning offering prayer, daily Mass, time for mental prayer and spiritual reading, recitation of the rosary and a daily examen throughout the day or at the end of the day.
13. Pope Benedict XVI shared, “Saints have the following common qualities:
 - a. They are excellent role models, good at teaching people to live lives of goodness.
 - c. They act as channels of God’s power.
 - d. They are intercessors.
 - e. They are generous and unselfish.
 - f. They are holy and are able to interpret God and holiness for others” ([Source](#)).

14. In this [source](#), certain characteristics are common among the saints: they are full of the love of God and neighbor, they are people of prayer, risk-takers; humble, recognizing that God is the source of all that they do and are. They are not perfect!
15. Let us go to the communion of saints, follow their example of love and service, and invoke prayers for their intercession on our behalf!



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**You will never be freer and happier than when you live like a saint
because that is what you were made for.**

From the book *Theology of the Body for Teens: Middle School Edition*

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