

Pray! Before you begin, pray to God. Pray to Him for everything.

"Lord, help me to be *reverent* and filled with *awe in Your Presence* as I journey toward receiving the Sacrament of Confirmation. With your *Wisdom* guide and help me to choose wisely whom you want for me, for my Confirmation name. Give me *understanding, courage* and *patience* as I research the Saint's, and when I have chosen fill me with *knowledge* of the saint that I will imitate." Amen.

Selecting Your Confirmation Name

There has been a long tradition of selecting a saint's name for Confirmation. This tradition is optional. In fact, the Church strongly encourages all Confirmation candidates to keep their Christian Baptismal names, as these are the names with which they first began their covenant journey with Christ. If you choose to have a specific Confirmation name, your decision should not be made "on a whim." The name you choose should be based off of an in-depth study of a Saint or person from Scripture. This person's life should have special meaning to you, and should serve as a great example for your own life.

Receiving a name at Confirmation has a number of different sources in the history of the Church. In Scripture, receiving a new name is often associated with a change of life. When Jesus told Simon that his new name was now Peter (Matthew 16:18), it was because his role was changing, and he was going to be asked to take on a role of leadership. When Saul had his great conversion, the risen Lord gave him the name Paul (Acts 13:9). Furthermore, when God established his first covenant with Abraham, God changed Abraham's name from Abram and Sarah's name from Sarai. Their new names showed their change in life as God's chosen people (Genesis 17). There are a number of other characters from Scripture that we see this happen to as well. To take on a new name at Confirmation similarly carries with it the idea that you are asking for the Lord to change you. You're asking Him to affirm you like He's never done before and to give you strength to live your faith more fully and with more life than you ever could have imagined.

Again, the Saint you pick should have significance to you. You may take St. Francis because you like his poverty or his love for animals. Or if you're aspiring to be a doctor, consider St. Luke or St. Pantaleon. Thinking about joining military? Then look at St. Joan of Arc, St. George, or St. Sebastian. The list goes on and on. The idea is to pick somebody who says something about you. When you stand before the Bishop the day of your Confirmation and you tell him your name, say it with pride and with conviction that the Holy Spirit is going to change you forever.

- Here are some tips to help you in choosing your Saint:
 - Saints are incredibly different. Some were evil men and women before they allowed Christ into their hearts and others were pious for their whole lives. If you study a Saint's life you are sure to find one you can personally relate to.
 - Saints, just like us, had hobbies and interests. Look for a Saint who shares your passion for something. For example, Sebastian is the patron of athletes and Raphael is the patron of love.
 - Some Saints are associated with specific needs or places. If you find yourself in need of some special prayers right now in your life, consider choosing a saint that addresses your need. For example, St. Roch is the patron saint of knee problems. Saints have also been associated with some towns and countries. If you have a strong attachment to a particular location, this would be a great place to look for a saint. Mary of the Immaculate Conception is the patroness of the U.S.A., while St. Rose of Lima is the patroness of South America.

Suggestions for Choosing a Saint:

- Feel free to go to the RE library to find books and information on Saints or use an online database. Below are reliable and valid websites to use for research. These websites have numerous saints, categorized by their name, patronage, and feast day.

www.roman-catholic-saints.com
www.catholic.org/saints/
www.catholicsaints.info

WHY DO CATHOLICS CHOOSE CONFIRMATION SAINTS?

As we go through our sacramental preparation for Confirmation, Confirmation saints are chosen to be a person we want to be like, as well as someone who can pray for us from heaven.

Through the process of canonization, when someone is declared by the Church to be a saint, the Church is proclaiming that this member of the faithful practiced heroic virtue during their life on earth, 'the Church recognizes the power of the Spirit of holiness within her and sustains the hope of believers by proposing the saints to them as models and intercessors' (CCC 828).

To aspire to be like a saint is the same as trying to imitate an actor, musician, or athlete; a confirmation saint is someone cool who we want to be like!

You may have a famous actor, musician, or athlete that you really admire for their talent and skill. What many people don't realize is that there are good people to look up to within our Church, for us to try to be like as well. It is common for us to think that only adults are able to become saints, but that is wrong.

As a young teen in the early 4th century, Saint Agnes was martyred because she refused to denounce her faith. Saint Aloysius, a young Jesuit in the late 16th century, helped care for people who were sick with the plague, giving them care and love as they left this world. His close contact with the disease took his life soon thereafter. Both these young saints bear witness to having love of God as their first priority.

It is important to remember that as members of the Church, we have never been alone, as St. Paul said, 'We are surrounded by so great a cloud of witnesses' (Hebrews 12:1 (<http://usccb.org/bible/hebrews/12>)). These witnesses are the saints who continually intercede for us (CCC 956); in choosing a confirmation saint, we are choosing a special friend to intercede for us in heaven and after whom we can model our lives while here on earth. You can't call up a famous person you want to be like and ask them for help, but your Confirmation saint is someone who you can talk to whenever you need them and they will always have your back!

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Saints Fact Sheet

Due by: November 9, 2025

_____ **Your Name**

Saint’s Name: _____

Saint’s Date of Birth: _____

Saint’s Date of Death: _____

Saint’s Date of Canonization: _____

Saint’s Feast Day: _____

Saint is the Patron of: _____

Title or Notable: _____

(Ex: Doctor of the Church, Stigmata, Apostle, Approved Marian Apparitions, Built a School, Hospital, etc.)

How will you imitate the Saint you chose? _____

What is your motto? _____

Sources Cited: _____

Canonization info: A **pre-congregational** saint is a Christian saint whose beatification and/or canonization occurred before the institution of the modern investigations performed by the Congregation for the Causes of Saints (i.e. **pre-11th** century).