

## Choosing a Confirmation Name

Choosing a Confirmation name is a special part of the Confirmation process. Before receiving the sacrament of Confirmation, you will need to choose the name of a saint with whom you identify.

The saints are models of the Christian faith who are now in heaven with God. They were people like you and me who had a variety of personalities, interests, vocations, and walks of life. What set them apart is their ardent faith in God and the often heroic ways they lived that out in the face of persecution or even death. Their life stories provide examples for us on how to overcome our own difficulties.

### How to Choose a Saint's Name:

- Find a list of canonized saints in the Catholic Church in books or online. Some good sites are listed below. Don't just quickly choose a name you are familiar with, but do some research to find someone who fits your personality, interests, or life goals. It should be someone whose life you admire and feel you can ask for their intercession for your life.
- Pray to the Holy Spirit, and ask Him for help in finding a saint whose life you'd like to imitate. This saint will be bonded with you spiritually, and in essence becomes your heavenly patron who intercedes for you before God.
- Narrow your selection to two or three saints. One of them will be your new Confirmation name. Think about the specific virtues those saints exhibited, such as patience, diligence, humility, faithfulness, obedience, kindness, charity, or courage. Find a virtue that connects with you.
- Consider the life stories told about the saints on your "short" list to help you find a spiritual connection. (For example, St. Maximilian Kolbe gave up his life for another person's life in a German concentration camp during World War II.) Talk about your short list of saints with someone you trust, and discuss what attracts you spiritually to these holy people.
- Select your Confirmation name, and fill out the form on the reverse side of this sheet. This new name will become a part of your full name, coming after your middle name and before your last name. Get used to it by saying it over and over again in your mind.
- Pray to the saint whose name you will be using as your Confirmation name. Ask this saint to intercede for you, to help you make the right moral choices, and to grow in the virtue that he/she lived well. You can buy holy cards, statues, medals, or books associated with your Confirmation saint. These visual reminders of your saint will help you reflect upon his or her unique virtues.

### Check out saints online:

<http://www.catholic.org/saints/>

<https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>

[owym.com/voices/quiz-which-saint-are-you-most-like/](http://owym.com/voices/quiz-which-saint-are-you-most-like/)

