

# HOW to CHOOSE a CONFIRMATION NAME:

## **The saints, our teachers:**

What an incredible gift we have in the communion of saints. The saints are like us! They are our ancestors, our teachers, our friends, our siblings. They are real, truly human. They are sinners, they are repentant children of God. The saints lived on this earth and experienced suffering, joy, pain, broken promises, peace, frustration, war, injury, heartbreak... they know our hearts. But mostly, they know what it takes to be united with God here on this messy earth.

## **Why a saint for Confirmation?**

We choose a Confirmation saint (like we choose a Confirmation sponsor) not out of due diligence to the "rule," but rather because we realize how unfortunate it would be to travel alone. We recognize how important it is to know your Confirmation saint not only by name, but also by story. The saints have so much to teach us about this journey.

1. Pick a saint (canonized, blessed, or servant of God) who speaks to you somehow. Know their story. Saints are people who have lived holy lives and are now in heaven as members of the Church. Their life stories give examples for how to overcome spiritual obstacles and live faithfully for Jesus Christ in every-day life. But, mostly know the power of their prayer. Ask for their intercession like you would ask for the prayers of your friends. Saying "yes" to a Confirmation saint is like saying "yes, you may always pray for my poor soul."
2. Not sure who? Pray to the Holy Spirit, and ask for help in finding a Saint whose life you'd like to imitate.
3. Narrow your selection to two Saints. One of these will be your new Patron and the source of your Confirmation name, if you choose. Think about the specific virtues those Saints exhibited such as patience, perfection, diligence, humility, courage, mortification, meekness, obedience, prayer, charity, or simplicity. Find a virtue that connects with you.
4. Consider the one or two special stories told about the two 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, and so showed the virtue of selflessness. St. Francis, a spiritual leader who founded a religious order, led a simple life of poverty and greatly loved animals. Their stories are a treasury of wisdom, offering insights and the powerful gift of their intercession.
5. Take your list of two Saints to your sponsor, a family member, youth minister, priest, or friend who is a Catholic. Talk about the Saints' lives and discuss what attracts you spiritually to these holy people.
6. Select who you would like to ask to be your Patron, ask them (through Prayer), and let them know why you would like to use their name as your Confirmation name. Tell your family and friends.
7. Each day before you are confirmed, pray to the Saint whose name you will be using as your Confirmation name. Ask this Saint to intercede for you, to help you prepare for the Sacrament of Confirmation, to help you make the right moral choices, and overall to be a powerful spiritual guide the rest of your life.