

# Choosing a Confirmation Name - Guide & Criteria for Your Confirmation Saint Name Project

*"An eternal name, which shall not be cut off, will I give them." - Isaiah 56:5*

*"I have called you by name: you are mine." - Isaiah 43:1*

## Why a new name?

When you were born, your parents chose a name for you. They might have been inspired by a movie star, musician, Saint, family member, or they just liked the name. It marked an identity for you and told others who you are. As part of your Confirmation preparation, *you* will have the responsibility and privilege to choose a name to be Confirmed as. It will confirm your identity in Christ and serve as a reminder of a holy example you are looking to imitate.

A new name has often marked a drawing closer to God. The Bible tells us about Abram becoming Abraham (Genesis 17:5), that Jacob is renamed Israel (Genesis 35:10), and that Simon is now called Peter (John 1:42). It's also customary for priests and religious to take on a new name when they are ordained or take vows. Even the Pope chooses a new name in their papacy, like Pope Francis (born Jorge Mario Bergoglio).

St Paul tells us that we do not journey to heaven alone, but that "we are surrounded by so great a cloud of witnesses" (Hebrews 12:1). These witnesses are the Saints who intercede for us (CCC 956) and whose lives serve as a model of holiness. By choosing a Confirmation Saint, we are choosing a saintly friend to pray for us in heaven (intercession) and who can help us here on earth to be holy by following their good example (witness). It is an opportunity to choose a name that is important to you, a name that will assist you on your faith journey.

## How do you choose a Saint?

Pray. First begin by going to prayer and ask the Holy Spirit for guidance. The Saints are already pursuing you even more than you're looking to connect to them! Look for novenas or pray the Litany of Saints and see who might be coming up repeatedly. Research. Look at the biographies of 2-3 Saints to start finding one that you connect with or someone who intrigues you. You might begin by searching for Saints who are patrons of things you enjoy – like sports, cooking, travel, or even the internet. Use Catholic books and websites to help you learn about their lives (below). Dive in. As you read about the Saints you will hopefully find yourself drawn to one. Ask yourself why. Do you admire their courage? Their love for the poor? Did they do the things you do or have a connection to your interests? Once you narrow in on one, think about the reasons you chose them. Is this someone I look up to and want to emulate? Is this someone who I want to spiritually "have my back"? Once you have decided on your Saint, see if there is a good book or movie or podcast just about that particular Saint so you can get to know them better. Start asking them for guidance and the courage to take your reception of the sacrament of Confirmation seriously and... begin your project!

<https://www.ewtn.com/catholicism/saints>

<https://sacred-texts.com/chr/lots/index.htm>

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

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

<https://www.franciscanmedia.org/saint-of-the-day/calendar>

<https://www.goodcatholic.com/podcasts/the-saint-of-the-day-podcast/>

<https://catholicsaints.info/alphabetical-list/>

## Below are some helpful tips to guide you in choosing your name.

- This is your decision. Your parents, friends, sponsor, and family may give you suggestions, but it is your choice.
- You can choose your baptismal name (first or middle, as long as it is a Saint name) or a new name.
- Your choice should reflect your relationship with the Catholic faith. Perhaps you will choose a Saint you learned about and felt connected to during a Faith Formation class or who is a patron of something you care about.
- Your Confirmation name is to be a Catholic Saint's name (Blessed or Venerable also acceptable). It doesn't matter if they are male or female – there is a long tradition of religious brothers and sisters taking either. Many Biblical figures are also Saints. If you have a question about your chosen person, please reach out to Katy.
- Do not choose a name just because it sounds good with your given name. It should mean more than that to you. The Saint you choose should reflect a devotion you have to the Saint, virtues or gifts to which you aspire, or the patron Saint of certain things that are dear to you.





**Add a prayer to your Saint here** – it can be one you found or wrote from the heart. Or is there a prayer that your Saint wrote that you like? (You may write these out or copy and paste)

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**Attach a photo of your Saint here.** It can be printed or drawn.

