



## **Choosing a Saint Name:**

To choose a confirmation saint, pray for guidance, research saints whose lives, virtues, or interests resonate with you, and select a recognized saint to serve as a spiritual guide and intercessor. Consider traits like patience or charity, search patrons for your passions, or choose a saint that aligns with your personal struggles and aspirations. You can also choose your baptismal name if it's a saint's name or seek advice from a priest or religious educator.

## **Steps in Choosing a Saint Name:**

### **1) Pray for Guidance:**

- ★ Ask God and the Holy Spirit to help you find the right saint, as they can guide you on the path to God.

### **2) Reflect on Your Interests and Passions:**

- ★ List your hobbies, talents, potential job, and any passions you have. Go to [www.Catholic.org](http://www.Catholic.org) for more information.
- ★ Patronage: Look for a saint who is the patron of your interests or a specific gift you possess.
- ★ Virtues: Research the specific virtues saints exhibited, such as patience, charity, or humility, and see which ones connect with you.
- ★ Inspiration: Read about the lives of different saints and find one whose story, struggles, or approach to faith inspires you.
- ★ Connection: Consider saints who might be a patron for something you need prayers for, such as a patron for travelers or soldiers.
- ★ A Spiritual Connection: The goal is to form a spiritual connection and a genuine bond with the saint who will serve as your patron and intercessor.
- ★ Pray to Your Chosen Saint: Before your confirmation, pray to your chosen saint and ask for their intercession and guidance in your life.

## **Writing Assignment: DUE: Sunday, October 26, 2025!**

- ★ Write a one-page essay on your chosen name. This can be handwritten or typed.
- ★ If you have any questions regarding this task, please speak with Ms. Kalya Guilbeau. Do some research [beyondwww.Catholic.org](http://beyondwww.Catholic.org), discuss your choice with your family and confirmation sponsor, and have fun with it!