



Student Name: _____

Confirmation Name Reflection

(Due no later than March 22, 2026)

STEP 1: MY BAPTISMAL NAME:

What is your full Baptism Name? (first, middle, last)

Why did your parents choose the name they gave you? For example, were you named after a beloved relative or a favorite saint? If so, who? What about this person inspired them to name you?

What does your name mean? (for example: "Michael" means "who is like God")

STEP 2: ROLE MODEL OF FAITH

Who is someone you know who is as a good role model of faith? What is their name and their relationship to you?

What qualities does this person possess that makes them a good role model of faith?

What qualities about this person do you most admire?

STEP 3: EXPLORE THE LIVES OF THE SAINTS:

Now that you have had some time to reflect on the meaning of your name and the qualities that you admire in a person of faith, you are now to take time to explore the lives of the saints. In doing this, you will see how many of the saints possessed the same qualities in their lives that you admire in others or that you would like to emulate in your own life. Find a saint who you can "connect with" and discover how this holy person offers you an example to walk more closely with Christ and who can intercede with God for you in a special way.

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STEP 3: EXPLORE THE LIVES OF THE SAINTS *(continued)*:

Full name of the Saint you “connect with/admire”?

When was your Saint born? _____

What is the date of your Saints death? _____

What is the date of your Saints Canonization? *(Canonization is the date they were officially declared a Saint)*

What is your Saint the patron of? *(This is what they are known for: Patron of Doctors, Patron of Athletes, etc)*

What are some qualities you admire about the Saint you chose? *(Please consider something you may share in common with this saint.)*

How can you allow the Saint you chose to continue to inspire you throughout your life?

STEP 4: CHOOSE YOUR CONFIRMATION NAME:

Once you have completed Steps 1 -3, you will now need to prayerfully choose your Confirmation name and complete the “Confirmation Name Form” to follow...

Confirmation Name Form

STEP 4: CHOOSE YOUR CONFIRMATION NAME *(continued)*

As a Candidate for the celebration of the sacrament of Confirmation, you have **two options** concerning the choice of a Confirmation name:

1. You may choose your baptismal name (selecting either your first or middle name). Choosing your baptismal name shows the sacramental connection with your baptism and your full initiation into the Catholic faith through confirmation.
2. You may choose the name of a saint. This choice symbolizes a new beginning in your faith life and a connection with that saint to whom you identify with and would like to emulate.

Check ONE of the following options and then clearly write your choice on the line below:

- _____ I am choosing to be Confirmed using my baptismal name (first name or middle name).
_____ I am choosing the name of a saint who I admire and who sets an example of faith that I want to imitate.

Please write your Confirmation Name (the name the bishop will use when he confirms you) on the line below:

I have chosen this name/option because:

Resources you might find helpful:

What does your name mean?

<http://www.BehindTheName.com>

Saint names:

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

<https://www.sanctuslife.com/the-saints-quiz>

Candidate's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____