

How to Choose a Confirmation Saint

Pray

Definitely pray about this! Lots of people have stories about how their saint found them. Be prayerful and open. This is definitely the most important step, and might be the only one you really need.

Consider a saint whose feast falls on your birthday or baptismal day.

It's a nice connection, and makes a great starting point. My birthday falls on the feast of the Chair of St. Peter, which is pretty cool. Back when I was trying to choose my saint, though, I didn't think I could use this feast. Since it was the feast of the *Chair*, it didn't occur to me that I could choose St. Peter. I don't know WHY that didn't occur to me, but it's ok. I'm happy with how things turned out.

See if there is a saint that shares your given name.

Plenty of people choose a saint that they are already named for (whether that was intentional or not isn't important). I was out of luck here – there's no saint with my first or middle name that I could find.

Choose a saint who is the patron of (or is otherwise connected to) your occupation, vocation, or life state.

From my experience, this is one of the most common methods. If you are a wife, a mom, a chef, a lawyer, a nurse, or a combination, there is bound to be a saint that can relate to your life, which forms a special connection. **Who better to pray for you than someone who lived a holy life in circumstances very similar to your own?** They will know just what to pray for, better than you will yourself.