

Choosing a Confirmation Name

The Saints have walked the path of faith before us and stand ready to help us navigate our own journey. Do some research and find a name of a Saint that you have a connection with or you feel is an inspiration for you. One great place to look is at <https://saint.smp.org/> There are hundreds of Saints to look at on this site. You can sort by cause, feast date, or region to help find the Saint that aligns with you best.

Your Name: _____

Confirmation Name: _____

Feast Date of Saint You Chose: _____

2-3 sentences on why you chose that name (even if you chose your Baptismal name):

When choosing a Confirmation name, you should reflect on the following:

- 1) **Reflect on your values.** Which virtues do you most admire? Courage? Compassion? Wisdom? Let these guide your search for saints who embodied these qualities.
- 2) **Research saints with shared interests.** Are you passionate about music? Consider Saint Cecilia. Do you love animals? Look to Saint Francis of Assisi. If you are drawn to education, read more about Saint John Baptist de La Salle or Saint Elizabeth Ann Seton.
- 3) **Consider family heritage.** Many young people choose to honor their cultural background by choosing a saint that is significant to their family's heritage.
- 4) **Pray for guidance.** Ask the Holy Spirit to help you recognize which saint you feel a connection with. Prayer can open our hearts to God's guidance.
- 5) **Read their stories.** Do a deep dive into how these holy men and women lived, struggled, and triumphed in faith.
- 6) **Seek counsel from trusted mentors.** Talk to your parents, godparents, sponsor, or your priest. Sharing your reflections and potential choices with them can provide valuable insights and help you discern the best fit. They may offer perspectives you haven't considered and help you solidify your decision.