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A guide to choosing a Confirmation name

By Ivy Wick Posted March 25, 2025 In Resources, Saints

Imagine choosing a lifelong spiritual companion. That's what Confirmation names are all about. This tradition connects young people with a saint who will serve as their special patron and spiritual role model. In the Catholic Church, choosing a Confirmation name honors a saint the candidate seeks to emulate.

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A Confirmation name is more than just a name; it's a visible, tangible declaration of a deepening commitment. And at the heart of it all? The search for that irreplaceable connection, that lifelong spiritual companion, a saint who will walk beside the candidate, guide them, and inspire them. **The saint becomes their spiritual role model, a constant example of faith and dedication.**

Think of it this way: a baptismal name is the parents' loving gift, the name they chose. But a Confirmation name? **That's a young person's choice, a spiritual assertion of who inspires them.** It's a chance to take ownership of their faith journey, choosing their own spiritual ally for the road ahead.

Confirmation preparation is a time of important spiritual growth for young people. It's a process where they need clarity and support to fully understand and embrace this step in their faith. This Confirmation name guide offers practical help as they prepare for the Sacrament of Confirmation in your school or parish.

How does one go about choosing a confirmation name? Encourage the candidates in your program to 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. You can find an extensive list of saints and their bios at saint.smp.org.
6. **Seek counsel from trusted mentors.** Talk to your parents, godparents,

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Ideas to consider when selecting a Confirmation name

While saints like Patrick, Francis, Teresa, and Elizabeth are wonderful options, encourage the candidates to explore lesser-known saints such as [Saint Josephine Bakhita](#) who forgave those who enslaved her; or [Blessed Carlo Acutis](#), a modern teenager who used technology and social media to share his faith. Carlo will be canonized on April 27, 2025.

The name candidates choose for their Confirmation name isn't just a requirement to check off. It is the beginning of a spiritual friendship. Explain to the young people in your program that they should continue to learn more about their saint, celebrate their feast day, and turn to them in prayer. The saints have walked the path of faith before us and stand ready to help us navigate our own journey.

To spark inspiration, you can browse [our database of Confirmation Saints](#). It offers a wide of range of ideas for young people. Sort by cause, feast date, or region to help find the Saint that aligns with the Confirmation candidate.

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