

# SELECTING A CONFIRMATION SAINT NAME: GUIDELINES

As a candidate for Confirmation, you are asked to choose a special Confirmation saint name. The saint's name you choose should have personal meaning and relevance to you. This name symbolizes the *completion of your Baptism through Confirmation* upon which time you are called to be a "new creation" in Christ, through the Holy Spirit. In the early Church, when a new name is given, it represents a new phase in one's life that will bring them closer to God.

You may choose a saint name from:

- the Bible,
- a Christian Baptismal name, or
- the name of a canonized saint of the Catholic church.

There are many saints, each having gone through their own trials and tribulations while they lived. There are saints from almost every profession and socioeconomic status. The saint's name you choose may:

- be someone who inspires you,
- have virtues you wish to imitate,
- fit your personality,
- fit your career aspirations,
- share similar life situations,
- share similar trials and tribulations,
- share similar attributes.

When you are researching saint's names, try to narrow it down to two names. Then pray to the Holy Spirit to help you decide on the Confirmation name for you. The saint's name you choose will be someone you pray to asking for help making the right moral choices in life and also for protection. This saint will be your spiritual guide throughout your whole life!

The internet is a great tool to research saints, you can Google "saint names" but please check the source to ensure it's from a reputable, Catholic site. Please do not use Wikipedia.

Here are a few sources:

<https://catholicsaints.info/>

<https://catholic.org/saints/>

<https://www.catholic-saints.info/>

<https://www.youtube.com/c/CatholicOnlineMedia/featured> scroll down to review Saint of the Day section to view video library of saints.

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

Please write a **one-page essay** including the following:

- Description of the life of your chosen saint.
- Reasons why you chose this saint.
- How you are inspired by this person.
- The faith attributes you most admire about this saint.

**Due date is February 18 or earlier**