

## Have You Chosen a Holy Person/Saint for Your Confirmation Namesake?

At Baptism, your parents gave you a name. In Confirmation, you have the opportunity to choose a name that speaks to you of your relationship with God. You may choose the name of a saint who will be your patron/patroness for your Christian journey. You may also choose to keep your baptismal name, for the life in Christ began in baptism, is now sealed in Confirmation. If you have not yet chosen your Saint's (holy person's) name for Confirmation, here's an approach that may help you decide:

1. Look through a list of canonized Catholic saints, such as the one on-line at <http://www.Saints.SQPN.com> or read a book of the Saints.
2. Pray to the Holy Spirit for guidance in finding a Saint whose life you'd like to imitate. This Saint will become your heavenly patron or patroness on your own journey of faith.
3. Select two or three Saints whose lives appeal to you in some way. Think about the virtues these Saints lived out in their lives, such as patience, generosity, courage, diligence, humor, humility, self-discipline, gentleness, prayer, kindness, charity, or simplicity. Look for a virtue or way of living that connects with you.
4. Reflect on the stories of your selected Saints. For example, St. Lawrence showed a sense of humor and charity in difficulties; St. Joan exhibited a spirit of justice and loyalty to God's word; St. Francis led a simple life of poverty and cared for all God's creatures; Blessed Mother Teresa dedicated her life to care for the poor out of love for God; St. Maximilian Kobe laid down his life to save another person's life in an act of tremendous generosity.
5. Take your list of two or three Saints to your sponsor, a family member, or someone who knows you well. Talk about these Saints with that person and discuss with them who might be best for you.
6. Choose the name of one of these Saints for your Confirmation name. Prepare your oral report, researching your chosen Saint's life to answer the following questions:

**What is the story (biography) of this Saint's (or holy person's) life?**

**What did this person do in their daily life that showed they were a follower of Jesus?**

**Why did you choose this person? What in this person's life do you admire or wish to imitate in your own life?**

7. Pray to the Saint whose name you will be using as your Confirmation name, asking this Saint to intercede (to pray) before God for you!
8. Fill out the Confirmation Name Form and return it to the Religious Education Office by the due date.
9. God bless you!

Come, Holy Spirit, fill the hearts of your faithful.  
Enkindle in us the fire of your love.

