

Choosing a Saint for Confirmation

One of the neat traditions we have in the Catholic Church is picking a Saint you most admire for the Sacrament of Confirmation. We are blessed to have many saints recognized in our Church to research and model our lives after. But how do you pick one Saint?

1. Make a list of the Saints you admire.
2. Research and pray about your selections.
3. Narrow down your selection to two saints.
4. Try to find a spiritual connection between you and these two saints.
5. Talk to other people about your list of saints and discuss what attracts you to these holy people.
6. Select one name. Select a Saint you know very well from your research and how their life affects you.
7. Pray to the saint whose name you will be using as your Confirmation name. Try to find pictures, medals, holy cards, statues and books of your saint. Visual reminders of your saint will help you reflect upon his or her unique virtues.

What Saint name did you select?

What is interesting about this Saint?

Why did you select this Saint for Confirmation?