



Choosing a Confirmation Name

In the Book of Isaiah we read, “I have called you by name: you are mine” (Is 43:1). Your name was spoken aloud on the day of your Baptism and it became part of your identity as God’s child and a member of the Catholic Church. A great deal of thought went into your parents’ choice in naming you. You may be named after a relative, a special family friend, or a saint your parents greatly admire. As a part of your preparation to receive the Sacrament of Confirmation, you have the privilege and responsibility, just like your parents did when you were born, to choose a name. You may choose to be confirmed under your own name given at Baptism or you may take the name of a person who has officially been declared a saint, blessed, or venerable or who is one of the faithful men or women from the Bible. Often in the Bible God or Jesus gave people new names as they began a new mission. Abram became Abraham, Simon became Peter, and Saul became Paul. A new name marked a new responsibility for the faith. The name you choose will be the name by which the bishop will call you. The bishop uses this name, saying, “[Name], be sealed with the gift of the Holy Spirit.”

CHOOSING A NEW NAME

This decision indicates your new awareness of how Confirmation will help you live as a disciple of Christ. The name you choose must be a Christian or Biblical name. Any name that is contrary to the Christian faith may not be used as a Confirmation name. Each student should give thoughtful consideration in choosing their name. A chosen Saint should be a person who the student finds interesting and even inspirational.

HOW TO CHOOSE A CONFIRMATION NAME

The **first** thing you should do is **PRAY**. Ask the Holy Spirit for guidance in choosing a saint that will be best for you. You are not simply choosing a name you like, but you are asking a saint to be your friend for the rest of your life. We call these life-time saint friends “patrons.” Patrons help us live as Christians both through their praying for us (intercession) and their good example (witness).

The **second** thing you should do is some **RESEARCH**. While you are reading about the saints, ask yourself why you are drawn to some more than others. Is it because they were courageous in speaking about the Faith? Were they drawn to helping the poor? Did they have an occupation that you are interested in or have a family like yours?

As you start to narrow down the saints you are interested in, think again about the reasons to choose one. Is this someone I look up to and want to emulate? Is this someone who I want to spiritually “have my back”? Once you have decided on your saint, start asking him/her for guidance and the courage to take your reception of the sacrament of Confirmation seriously.

Confirmation Saint Research

RATIONALE:

For this project, you will select a Saint whose faith witness guides you to greater faithfulness. You will do research to choose a Saint you admire who will be your model and spiritual companion for the rest of your life. While it is alright to keep your baptismal name for Confirmation it is customary to choose a saint's name, however you may also choose to add a new name at Confirmation.

DIRECTIONS:

Choosing a Saint is a prayerful process so take some time to research the lives of Saints.

Research Steps

- 1 Research at least 3 saints that you are interested in learning more about.
- 2 After you have found several Saints that you feel a connection to, select the one whose faith inspires you to live a life of greater faithfulness.
- 3 Once you have a Saint selected please complete the following form.
- 4 DUE DATE: December 15th, 2025
- 5 TURN IN LOCATION: to your Religion teacher.

Your Name: _____

List the 3 saints that you did research on:

Saint name that you are choosing for Confirmation:

Be specific. Ex St. Teresa of Calcutta, not just St. Teresa. Be sure to check spelling also.

Saint's Place of Birth:

Family Background:

Where is the Saint from? What kind of influence did this Saint's family have on him/her? How did the Saint's family feel about the choices this Saint made for his/her life?

Occupation of Saint:

What virtues did the Saint practice?

Did this saint die because he/she was standing up for God or his/her faith? Describe the circumstances of His or Her death:

What aspects of this person's Christian life attracted you?

How is this Saint a model for Christians today?

OFFICE USE ONLY

CATECHIST/PASTOR:

REPORT IS:

☐

Complete

☐

To be completed

SAINT NAME:

☐

Approved

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Needs further clarification