

## **Why do we choose Confirmation Saints?**

As part of the Confirmation preparation process, you have a special opportunity to research Saints and to choose one as your patron. This isn't something to just check off a list, but instead, choosing your Saint starts a lifelong journey of getting to know your Saint, having them as an intercessor for you, and you using them as an example on how to attain holiness and ultimately live eternal life in Heaven. **The name of the Saint you choose is the name that you will be confirmed under.** In addition to that, this Saint also becomes *your* patron saint. They will be looking out for you in a special way for your entire life.

The Saints are excellent role models. They were ordinary people like you and me who strove to do God's will. "The Saints lived on this earth and experienced suffering, joy, pain, broken promises, peace, frustration, war, injury, heart- break...they know our hearts. But mostly, they know what it takes to be united with God here on this messy Earth. They know what it takes to live well for Him." What an exciting time to strive for sainthood! Get to know your Saint, ask for their prayers and guidance, use them as a mentor on your spiritual journey!

## **How do I choose my Saint?**

There is more to choosing your Saint than just opening up a book, closing your eyes, and picking one! Take some time to get to know multiple Saints, and take time to pray about which one would best fit as your patron.

Choose a Saint that you want to be like. Maybe he or she had the same struggle that you have and had a way of working through those struggles. Maybe the Saint had the same interests or hobbies as you? Maybe they had a profession that you would like to be in one day. There are lots of reasons why you might choose a particular Saint.

Some people choose to keep their baptismal name as their Confirmation name. You must still be able to explain why you chose to do this! You will still have to do all the research and report. You can only choose to keep your baptismal name if it is a Christian Saint's name.

Ask your parents, sponsor, pastor, deacon, teacher, or catechists about the lives of modern day people who have been canonized. Ask these same people about their chosen Confirmation Saint and why those chose that particular Saint.

## **Where can I find information about the Saints?**

There are so many great resources available to you when researching Saints. Check out books on the lives of Saints from the library, look in your *Chosen* textbook for the Hero of the Week, and search online. See below for numerous Internet resources:

- <https://catholicsaints.info/>
- <https://www.catholic.org/saints/stindex.php>
- <http://www.catholic-forum.com/saints/indexsnt.htm>
- <http://www.catholic.org/saints>
- <http://www.catholic-pages.com/saints/>

- <http://www.Americancatholic.org/Features/Saints/byname.asp>
- <http://www.newadvent.org/cathen/index.html>
- <http://www.officialcatholicdirectory.com/catholic-links/saints.html>

“We choose a Confirmation Saint (like we choose a Confirmation sponsor) not out of due diligence to the “rule,” but rather because we realize how unfortunate it would be to travel alone.”

So, choosing a Saint and taking on their name is not just one more thing you ‘have to do’ to get Confirmed. It is a huge part of this important step in your life and a reflection of the beauty of the Catholic faith.

Please, take some time to find a Saint you really have a connection with. If you have any trouble deciding on a Saint, just ask, there are plenty of people who would love to help you!

**Choose a person,  
not just a name.**