

Helping a Candidate Choose a Confirmation Name

Most likely, candidates will appreciate the opportunity to talk with you about choosing a name for Confirmation. As you discuss, consider the following:

Choosing a Confirmation Name

In the Book of Isaiah we read, “I have called you by name: you are mine” (Isaiah 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. Now that you have decided to become confirmed, you have the opportunity to think in a new way about your name and how it relates to your decision to be confirmed.

Reaffirming Your Baptismal Name

Although it is traditional to take a new name at Confirmation, it is not required. Instead, you may want to reaffirm your baptismal name since the Sacraments of Baptism and Confirmation are so closely related. Confirmation seals and strengthens the faith and grace you received at Baptism. It completes your Baptism. Reaffirming your baptismal name is a sign of your commitment to live out the promises your parents and godparents made for you at Baptism.

Adding a New Name

You may also choose to add a new name at Confirmation. 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 name—the name of a saint or one of the great men or women from the Bible who have gone before us in faith. You may also choose the Christian name of your Confirmation sponsor because this individual is an example for you of how to live the Catholic life. Spend time prayerfully reflecting about your choice as this is an important decision.

Research Your Name

Whether you reaffirm your baptismal name or add a new name at Confirmation, research the life of your Christian namesake. Find out how they serve as an example for your faith journey. Before you are confirmed, you may be asked to complete a form listing the name you have chosen. At that time, you may be asked to give reasons for your choice. The research you do will help you focus on the reasons for your decision.