

CHOOSING A CONFIRMATION SAINT

Why and How

Why do we choose a Confirmation Saint Name?

Throughout the Bible, several major figures receive new names at key turning points in their lives. When God establishes His covenant with Abram, promising to make him “the father of a host of nations,” He changes Abram’s name to “Abraham” (Gen 17:4–5). After Simon confesses that Jesus is the Messiah, Jesus responds by making Simon the head of His Church, and changes his name to “Peter,” which means “rock” (Mt 16:16–17).

Your Confirmation will also be a key turning point in your own life. It’s the moment when you accept a new identity as a full member of Christ’s Church, so it’s fitting that you choose a new name for yourself to mark this new stage of your life. It’s also important that the name itself signifies the Christian nature of your new identity. That is why it should be the name of a saint: someone who has already lived out an exemplary Christian life, and can act as a model, a guide, and a friend as you grow in your own faith.

How can I choose the right saint?

There are a lot different criteria that people use to choose their Confirmation saint. Here are a few that you can think about:

- **Find a saint who is the patron of a career or hobby that you are passionate about.** For example, St. Sebastian is the patron saint of athletes; St. Albert Magnus is the patron saint of scientists; St. Luke is the patron saint of painters; St. John Bosco is the patron saint of magicians.
- **Find a saint who is the patron of a cause that you are passionate about.** For example, St. Jerome Emiliani is the patron saint of orphans; St. Francis of Assisi is the patron saint of the environment; St. Dymphna is the patron saint of the mentally ill; St. Peregrine is the patron saint of cancer patients.
- **Find a saint who popularized a religious devotion that you are already attached to.** For example, St. Margaret Mary Alacoque led devotion to the Sacred Heart of Jesus; St. Faustina first introduced the Divine Mercy Chaplet; St. Juan Diego received the visions of Our Lady of Guadalupe.
- **Find a saint who is the patron of a country or city where you or your ancestors are from.** St. Patrick, famously, is the patron saint of Ireland; St. Boniface is the patron saint of Germany; St. Casimir is the patron saint of Poland; St. Bridget is the patron saint of Sweden.
- **You can choose a saint who shares the name of a family member, friend, or mentor** who has made a big difference in your spiritual life — that way, you’ll be honoring not just the saint, but also the people close to you.

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- **There's a patron saint of pretty much everywhere and everything** – just try Googling “Patron Saint of _____” to see what you find!

However, you are free to choose any saint whose life interests you or inspires you. You don't even have to choose a saint who's the same gender as you! Think of saints you've learned about who have stuck in your memory, or ask some of your family members, friends, or teachers (or youth ministers!) for some of their favorite saints. The past 2,000 years have been filled with saints who have lived wildly different – but equally amazing – lives, and you should feel free to explore ones that resonate with you.

There are a lot of websites that have lists or databases of saints. Here are a few that we recommend:

- The Archdiocese's list of saints (https://www.archspm.org/wp-content/uploads/2018/12/Information_on_Saints.pdf)
- LifeTeen's list of the “Biggest and Best List of Confirmation Saints,” broken into different categories (<https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>)
- Catholic.org's saint database (<https://www.catholic.org/saints/>)
- CatholicSaints.info also has lists of saints grouped into different categories (<http://catholicsaints.info/>)

Finally, don't forget to pray! If you are struggling to find someone, or unsure who to choose, the Holy Spirit is always there to guide you. And, as Katrina Fernandez has pointed out (at <https://aleteia.org/2016/10/11/what-to-do-and-not-do-when-picking-a-confirmation-saint/>), “you don't choose the saint, the saint chooses you.” God might have a saint in mind for you who will reveal themselves as you spend time time in prayer, so don't lose heart if the choice isn't clear to you right away.