

## 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. 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.”

### Reaffirming Your Baptismal Name

The Church suggests that you use the Christian name you received at Baptism. This tends to show the unity between Baptism and its completion in Confirmation. 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.

### Choosing 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. Any name that is contrary to the Christian faith may not be used as a Confirmation name.

### 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.

### Internet Resources to Begin Your Research

You may use the internet to research the saints but make sure that the source is Catholic. Do not use WIKIPEDIA. Here are some helpful sites to use as a starting point. **Click on the link** and you will be directed to that site.

**Catholic Online** <https://www.catholic.org/saints/>

**Catholic Saints Info** <https://catholicsaints.info/>

**Catholic-Saints** <http://www.catholic-saints.info/>

**Franciscan Media** <https://www.franciscanmedia.org/saint-of-the-day/calendar>

**LIFE TEEN** <https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>

**LOYOLA PRESS** <https://www.loyolapress.com/catholic-resources/saints/saints-stories-for-all-ages/calendar/>