



Selecting a Confirmation Saint Name



WHAT'S IN A NAME?

Names matter. They help us identify who we are and connect us to our story. When you were born, your parents chose your name with love—perhaps in honor of a family member, a friend, a saint, or simply because it felt right. Your name gives you identity and tells others something about you.

Throughout life, we take on many names—student, athlete, artist, Minnesotan, friend—but the most important name we carry is Catholic Christian. Through Baptism, you were called by name and welcomed into the family of God. Now, through Confirmation, you have the opportunity to affirm your identity as a disciple of Christ by choosing an official Roman-Catholic **saint name**.



HOW TO CHOOSE A SAINT NAME

As part of your preparation for the Sacrament of Confirmation, you are invited to choose the name of a canonized Roman Catholic saint—someone whose life inspires you and reflects the kind of Catholic you hope to become. Choosing a saint name is a prayerful and personal decision.

Here are some steps to help you:

- **Pray---** Begin and end your search in prayer. Ask the Holy Spirit to guide you in choosing a saint who will walk with you in faith.
- **Explore the Lives of Saints---** Read books or search online to learn about saints. Their stories—filled with trials, triumphs, and deep faith—can inspire your own journey.
- **Reflect on Your Interests and Passions---** There's a patron saint for nearly everything—music, sports, science, animals, healing, and more. Find one connected to your hobbies or future goals.
- **Consider Virtues You Admire---** Look for saints who exemplify virtues you want to grow in—courage, patience, charity, humility, or perseverance.
- **Think About Role Models---** Is there someone in your life, parish, or community who inspires you? Learn about the saint they're named after or admire.

Saints are ordinary people who lived extraordinary lives of heroic virtue. They are the heroes of our faith—people who loved God deeply and served others faithfully. Your chosen saint will be a spiritual companion, someone you can turn to for guidance, inspiration, and intercession throughout your life.



WHY THIS MATTERS

At Confirmation, the Bishop will call you by your chosen saint name. This name is more than symbolic—it reflects your desire to live as a disciple of Christ and to follow the example of a holy man or woman who has gone before you.

Whether you choose a saint connected to your baptismal name or a new one that speaks to your heart, let your choice be a reflection of your faith, your hopes, and your commitment to living a life of virtue.

SUBMIT



SUBMITTING YOUR CONFIRMATION SAINT NAME

Once your sponsor has agreed to walk with you in this journey, please submit their name using the Sponsor Information Form found on our website.

