

## **HOW to CHOOSE a CONFIRMATION NAME:**

1. Find a list of Saints, Blesseds (Beatified), or Venerables in the Roman Catholic Church by reading a book or doing online research. Saints are people who have lived holy lives and are now in heaven as members of the Church Triumphant. Their life stories give examples for others on how to overcome spiritual obstacles and live faithfully for Jesus Christ in every-day life.
2. Pray to the Holy Spirit, and ask for help in finding a Saint whose life you'd like to imitate. When you ask, this Saint will be bonded with you spiritually, and in essence becomes your heavenly patron who intercedes for you before God.
4. Narrow your selection to two Saints. One of these will be your new Patron and the source of your Confirmation name, if you choose. Think about the specific virtues those Saints exhibited such as patience, perfection, diligence, humility, courage, mortification, meekness, obedience, prayer, charity, or simplicity. Find a virtue that connects with you.
5. Consider the one or two special stories told about the two Saints on your "short" list to help you find a spiritual connection. For example, St. Maximilian Kolbe gave up his life for another person's life in a German concentration camp during World War II, and so showed the virtue of selflessness. St. Francis, a spiritual leader who founded a religious order, led a simple life of poverty and greatly loved animals.
6. Take your list of two Saints to your sponsor, a family member, youth minister, priest, or friend who is a practicing Catholic. Talk about the Saints' lives with that person, and discuss what attracts you spiritually to these holy people.
7. Select who you would like to ask to be your Patron, ask them (through Prayer), and let them know why you would like to use their name as your Confirmation name. Inform your family and friends. Get used to it by saying it over and over again in your mind. Practice writing it as part of your full name.
8. Each day before you are confirmed, pray to the Saint whose name you will be using as your Confirmation name. Ask this Saint to intercede for you, to help you prepare for the Sacrament of Confirmation, to help you make the right moral choices, and overall to be a powerful spiritual guide the rest of your life.
9. Buy pictures, holy cards, statues, and books associated with your Confirmation namesake. These visual reminders of your Patron Saint will help you reflect upon his or her unique virtues. And ALWAYS ask for your Saint's prayers for you!