



Choosing a SAINT

It is time to choose a Confirmation Saint! Here is some context to help you understand why we have a tradition of choosing Saint names for Confirmation, and what you should consider when making your choice:

Since the very early days of Christianity, men and women who were Confirmed were given a new name at their Confirmation. Many times, this was due to the fact that they were named after Pagan gods, or because their names came from cultures whose beliefs were contrary to the Gospel. This new name is what's known as a "Christian name", that is, a name that is reverent and shows respect to Jesus.

For two thousand years, people have chosen to be Confirmed under the names of people in Scripture, or of men and women who lived holy and virtuous Christian lives- in other words, the Saints. This tradition is not just an empty ritual; there is so much beauty and significance to it! Throughout Scripture, God gives people a new name when He calls them to a new life. Taking a Saint's name at Confirmation symbolizes that you aren't the same person anymore- you are a new creation, living a new life for Jesus and leaving your old self behind!

At Confirmation, you are sealed with the Holy Spirit, whose gifts and fruits are given to help you to live that new life and follow God's amazing plan you. The Saint you choose for Confirmation is very important because it's someone in Heaven who will pray for you and serve as an example of how you want to live and who you want to become through the transforming power of Christ's love.

What You Need to Do:

1. Take some time to consider who you want to choose for your Confirmation Saint. Don't rush this decision- see the instructions on the next page for how to find the right Saint for you.
2. Once you've settled on who your Confirmation Saint is, spend some extra time learning about their life on earth and the heavenly impact they've had on people's lives.
3. Begin asking your Saint for spiritual support on a regular basis. You can ask them to pray for you- in many cases you can find a prayer online that someone else has written to the Saint to ask for their help, or you could write your own. You can also ask them to pray with you- many Saints wrote beautiful prayers to God that you could begin praying, yourself.
4. Lastly, you'll need to Let us know who your Saint is by completing the [Saint and Sponsor Form](#). On that form, we'll also ask you share a little bit about why you chose them, but you do not need to write a formal report about the Saint.

How to Find Your Saint:

1. Start by asking God for help Find a quiet place and time where you can be alone to pray.
2. Next, ask Jesus to bring to mind the Saint that he wants you to choose, “Jesus, who do you want me to choose for my Confirmation Saint?”. Listen - you might hear a name, see the Saint, or a new idea may pop into your mind. These are just some of the ways that the Lord can talk to us!
3. If you don’t hear anything after a little while, don’t worry! Sometimes it can be hard for us to hear the Lord’s voice. If you don’t hear anything, say this prayer: “In the Name of Jesus, I believe and I declare that you have chosen a Saint for me. Jesus, please show me who this Saint is- is in your timing, and in a way that I can understand.”
4. Be patient. You don’t have to make a decision right away! Take some time to explore your options by looking up Saints online. Below are some links that can help you. You can also talk to your Sponsor, parents, teachers, youth group leaders, or friends about it.

Helpful Resources for Finding Your Saint:

[Popular Saints A to Z](#)

[Biggest and Best List of Confirmation Saints \(Lifeteen\)](#)

[Catholic Saints Index](#)

[Choosing A Confirmation Saint \(Kevin Bailey\)](#)

[Find Your Saint \(Lifeteen\)](#)

[Why We Take a Saint’s Name at Confirmation \(Real + True\)](#)

5. Once you’ve found a few Saints that seem like good options for you, ask the Holy Spirit to guide you in your choice. You could even repeat the prayer from Step 2 to help you choose between multiple Saints.

Frequently Asked Questions:

How will my Confirmation name be used?

At Confirmation, your sponsor will use your Saint’s name to present you to the Bishop. For example, they will say, “Bishop, may I present Francis”. The Bishop will respond, “Francis, be sealed with the Holy Spirit”, and anoint you with chrism. In past times, some people would change their legal name after Confirmation and be known by their Saint name, but no longer the practice today. However, there is still great significance to taking on a new spiritual name! We hope you’ll develop a lifelong devotion to your Saint by asking for their heavenly help and modeling your faith after theirs.

Do I have to have a Saint name for Confirmation? Can I just use my given name?

Although it has been a widespread practice for two thousand years, having a Saint name is not a formal requirement for the Sacrament of Confirmation in the Catholic Church. This means that you are not obligated to pick a Saint name in order to be confirmed, and you could use your given name. However, we think it is to your advantage to select a Saint’s name! A Saint name serves as a good reminder of your new life in Christ, and it also means having a patron Saint in heaven who can provide you with support in your spiritual journey.

Can I pick a Saint of the opposite gender?

Yes, you may choose a male or female Saint, regardless of your gender.

Can I pick someone who is beatified, but not yet canonized, for my Confirmation name?

Since there are no requirements in Church law regarding Confirmation names, you can technically select any Christian name. This means that someone who is beatified (e.g., Blessed Carlo Acutis) would be an acceptable Confirmation name, even though they’re not yet declared a Saint.



Choosing a SPONSOR

One of the things a candidate for Confirmation must do is choose a sponsor. A Confirmation sponsor supports the candidate as they prepare to become fully initiated members of the Church. It's an important role to play, and one no sponsor should take lightly. The [primary responsibility of the sponsor](#) is to provide the candidate prayerful support and guidance in his or her Christian walk and to “take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament” (canon 892). Choosing a sponsor is a decision that candidates should take seriously. The following are a few things candidates can consider when choosing a sponsor for their Confirmation candidacy.

Sponsor Requirements:

There are certain requirements with regard to who can and cannot be a sponsor:

- A sponsor must be at least 16 years of age
- Candidates cannot choose one of their parents or step-parents to act as a sponsor
- However, godparents or even older siblings are eligible to be sponsors
- A Confirmation sponsor must also be a confirmed member of the Catholic Church
- The sponsor must be a practicing Catholic who attends Mass regularly
- Their marital status (if applicable) must conform to all laws, norms, and principles of the Roman Catholic Church

Additional Considerations:

Age: Though any confirmed practicing Catholic over the age of 16 is eligible to be a Confirmation sponsor in most parishes, it might help to choose someone who is older than 16. A sponsor is meant to be a role model for the candidate who can offer spiritual guidance and accountability- not only during their candidacy, but after they have been confirmed, as well. In many cases, someone who is just a few years older than the candidate not be the best person to provide this support. Consideration should be given to the individual's spiritual maturity and their relationship with the candidate.

Relationship: It usually makes things easier if the person you choose to be your sponsor is someone you already have a strong relationship with and find it easy to talk to. The candidate-sponsor relationship is one that should continue even after you have been confirmed, so choosing someone you already have a good rapport with will make it easier for the relationship to flourish. In addition, most people find it easier to ask questions or seek advice from someone they're personally close to.

Asking God for Help Choosing Your Sponsor:

- Find a quiet place where you can be alone without interruption to pray.
- Start with the Sign of the Cross, then ask Jesus to bring to mind the sponsor he wants you to choose.
- Listen to hear or see who he brings to your mind. Write down the name(s) of anyone who comes to mind.
- Pray for these people every day for the next week, and ask the Holy Spirit to guide you in choosing one of them.
- If you feel stuck in your decision, ask your parents (or another adult you trust) to help you discern who would be the best sponsor for you.

I've Picked My Sponsor... Now What?

Now that you have decided who to invite to walk alongside you in your journey to Confirmation, it's time to ask them- you can do this by a simple phone call or the next time you see them in person.

Once they've agreed to be your sponsor, schedule a time to talk in the near future where you can ask them some of the following questions. You do not need to write down their answers or turn them in to us- this is just meant to be a helpful exercise as you begin your candidate-sponsor relationship!

- *How did you come to know Jesus?*
- *Tell me about your prayer life. What are some specific things you do to pray?*
- *How do you know that God loves you?*
- *How has Confirmation helped your relationship with Jesus?*
- *Why is it important to you to have a relationship with God?*
- *Tell me about a time when you struggled in your faith. How did it work out?*
- *In your opinion, what is the best way to keep your faith 'alive'?*
- *What is your favorite thing about being Catholic?*
- *How do you share your faith with people who aren't Catholic?*
- *What kind of advice do you have for me that we haven't talked about yet?*

Final Steps:

Lastly, you need to complete the [Saint and Sponsor Form](#). On this form, you will tell us who you've chosen to be your sponsor and why you chose them. The form also allows you to upload a copy of your sponsor's baptismal record*, which we a required to collect.

**If your sponsor doesn't have a copy of their baptism certificate, they will need to request one from the parish where they were baptized.*