



# Confirmation Saint Name Reflection

## Choosing a Confirmation Saint Name:

- The first thing you want to do is pray. Ask the Holy Spirit for guidance in choosing a saint that will be best for you.
- The second thing you should do is some research. Browse a library of patron saints online or get a good book of saints to read. Ask your family about their favorite saints or what Saint names they chose for Confirmation and why.
- 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 it someone I feel I can relate to and ask to intercede for me?



3. When was this saint canonized? By which pope? What is this saint the patron saint of?

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4. What characteristics did this saint have that made an impression on you?

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5. In what ways do you want to emulate this saint in your adult life?

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