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Roman Catholic Church

Choosing a Confirmation Name

Choosing a Saint/Confirmation name is one of the traditions that have become a part of receiving the Sacrament of Confirmation. Choosing a new name is in some ways a symbol of your new life in Christ (like Abram becoming Abraham, Sarai becoming Sarah, Saul becoming Paul, Simon becoming Peter). However, your new Christian life really began at Baptism, and Confirmation completes this initiation into Christ and His Church.

During the Sacrament of Confirmation, the Holy Spirit comes upon you to bestow numerous spiritual gifts and “confirm” the faith given you in Baptism when Original Sin was wiped away. You choose a new name, usually a Saint name, and this becomes a part of your full name, imposed by the bishop during the anointing.

It may seem like a daunting task to have to choose a saint name since there are so many to choose from. Since we are all called to sainthood, we choose a saint because they have lived holy lives and are now in heaven. Their life stories provide examples for us on how to overcome spiritual obstacles on Earth.

Considerations

1. The common advice for those trying to decide on a name is to research saint names and find one that fits your personality or spiritual goals. Those seeking confirmation are also encouraged to pray and seek a saint that is willing to guide them as they seek a closer relationship with God.
2. Read about male saints if you are male and female saints if you are female. Generally speaking, you will want to choose a name that matches your gender, but this is not required.
3. Pray to the Holy Spirit and ask for guidance in finding a saint whose life you’d like to imitate or whose struggles you might relate to. This saint will be bonded with you spiritually, and in essence becomes your heavenly patron who intercedes for you before God.
4. Discuss with your sponsor the possibilities you are considering.
5. Before you are confirmed, pray to the saint whose name you will be using as your Confirmation name and ask this saint to intercede for you, to help you make the right moral choices, and overall to be a powerful spiritual guide the rest of your life.
6. You may even want to purchase a holy card or small token with the picture of this saint as a daily reminder to you to pray often.

