



Confirmation Prep: Choosing a Saint's Name

Purpose of choosing a Saint's name.

At Confirmation, you will receive the Holy Spirit. This is another step in choosing to follow God. In the Bible, conversion to follow God is often symbolized by a change in name. Hence the tradition of choosing a Saint's name at Confirmation.

History.

"Saint" is a term that was used in the early Church to refer to all Christians. In our modern era, its usage refers to the men and woman who have lived lives of extraordinary holiness and are thus declared to be a "Saint" by the Pope (after a process of examining their life). Any person who dies and goes to Heaven is considered a "Saint", however only a certain few will become officially declared as such. This official declaration is called *canonization*. We look to these individuals to pray to God for us. Something to remember is that these people were not "super-humans". An honest biography will demonstrate their struggles as human beings were very similar to our own.

Choosing a Saint's name.

At baptism, you received a new name to symbolize your new life in Christ. Choosing a Confirmation name is an opportunity to choose a name that has special meaning to you, a name that will help you in your journey of faith. By choosing a saint's name, you're asking him or her to pray for you in a special way. Having a special connection to someone in Heaven is a big deal! After having done a little more research on the saint for whom your parent(s) named you, you may decide to keep the same name. If you wish, you may take a new symbolic name for Confirmation. The most important part of choosing a Confirmation name is to pray, asking the Holy Spirit to guide your choice. Whether you choose to stick with your given name, or to choose a new name, I hope you enjoy discovering the ways in which the name helps bring you closer to God.

Please select a Saint's name through research. Then complete and return the form below.

Your Name _____

Your Saint's Name _____

What did this person do to become a Saint?

Why did you choose this Saint?

