

Confirmation (Saint) Names

The tradition of picking Confirmation names dates back farther than the sacrament itself. Throughout the scriptures, there are stories of people receiving new names. A name change is a scriptural expression of a new life. Abram became Abraham, Sarai became Sarah, Simon became Peter and Saul became Paul. Each of them was embarking on a new life—a life dedicated to God. Their new names made the transition even more real, serving as an everyday reminder that they had, in fact, changed. Early Christians developed the tradition of choosing names which commemorated the martyrs and saints who they wanted to emulate. If you do not already know you might ask your parents why they picked the name they did for you and if they chose a patron Saint for you.

Your Confirmation name is special because it gives you a chance to choose a saint name for yourself. We encourage you to prayerfully pick a Saint that you will model your life after. You could choose a saint with whom you have something in common, such as an interest in music or compassion for the poor. You could also pick a Saint who inspires you.

However, you do not have to pick a new name. You became a new person in Christ at your Baptism and you may want to renew the name you were given at that time and refresh your relationship with your baptismal Saint. Research several Saints and pray about your decision.

Please write a short paper about your Confirmation Saint. In your own words, write about the Saint you have chosen and why. Some things to include in your paper:

- Who was this Saint and what did she/he do?
- Why you picked the Saint?
- What would you like to imitate about this Saint?

Do not copy from the internet. This report must be in your own words.

May God Bless you in your discernment.