

Confirmation Name Reflection

“Christians treat the name of a person reverently, because the name is profoundly connected with that person’s identity and dignity. From time immemorial, Christians have selected names for their children from the list of the saints; they do so in the belief that the patron saint is an example for them and will intercede with God for them in a special way.”
(YOUCAT #361)

1. Why did your parents choose the name they gave you? Were you named after a beloved relative or a favorite saint? If so, who? What about this person inspired them to name you?

2. What does your name mean? (Ex: “George” means “farmer” [www.BehindTheName.com])

3. What is the name of someone whom you see as a good role model of faith?

4. What does that person’s name mean?

5. What are a few other names that you like (because they are strong names, pretty names, etc)?

6. What does each of these names mean?

7. Who is your favorite Saint? What does this name mean?

8. What is a personality trait(s) of a holy person that you would like to develop? (Ex: patience, piety, humility, etc)

9. What name(s) mean these traits? (Ex: Irene is a female name that means “peace”)

Now that you have several meaningful names to work with (your birth name and numbers 3, 5, 7, and 9), you need to choose one that will be your Confirmation Name. Once you have chosen a name, find a Saint that is associated with that name. If there is no Saint with your name, try to find a Saint with a derivations of your name (i.e. Giovanni, Joan, Janis, Johanna, Sean, Ivan, Juan, and Jean are all derivations of John).

This Saint, who is associated with your Confirmation Name, will be your personal Patron for the rest of your life. Take some time to pray over your decision.