

# CHOOSING A CONFIRMATION SAINT

## So what are saints?

The first thing to understand is *why* you are being asked to choose a saint. The saints aren't just dead people that you see in stained glass windows and on holy cards. The Communion of Saints is: [The] communion of "holy persons" (*sancti*) in Christ who "died for all," so that what each one does or suffers in and for Christ bears fruit for all.

Basically, all of these saints who came before you are part of your extended family. They are those wonderful relatives who are praying for you and rooting for you to get to Heaven.

## Why Should I Choose a Confirmation Saint?

So just for a minute think about someone that you look up to or someone that you really wish you could be like and then imagine that this person has been declared a saint and you could ask them to pray for you! Wouldn't that be great? Well, that's exactly what you get when you choose a Confirmation saint - someone to emulate for his holiness and someone to intercede for you in Heaven.

## How do I pick one for Confirmation?

First of all, don't treat this as a box to check off and pick St Francis (although he's awesome!) just because you have a vague idea about his life.

The first thing you should 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 online or get a good book of saints to read. Below are some links to check out.

While researching 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 this someone who I want to spiritually "have my back"?

On your day of Confirmation, you will NOT be called by your baptismal name (the name your parents gave you), you WILL be called by your Saint name. So, take this time seriously, but have fun learning about all the amazing Saints out there.

Check out.....

[www.catholic.org/saints](http://www.catholic.org/saints)

[www.catholictradition.org/Saints/saints.htm](http://www.catholictradition.org/Saints/saints.htm)

[CatholicSaints.Info](http://CatholicSaints.Info)