

## CHOOSING A SAINT NAME FOR YOUR CONFIRMATION NAME

### 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. (Catechism of the Catholic Church, 961)*

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 some uncle that you look up to or a cousin that you really wish you could be like and then imagine that this person has been declared a saint and you could ask him 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?

- 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**. While you are reading 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"?

Once you have decided on your saint, see if there is a good [book just about that particular saint](#) so you can get to know him better. Start asking him for guidance and the courage to take your reception of the sacrament of Confirmation seriously.

## Resources for finding your Confirmation Saint

<https://www.catholic.org/saints>

<https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/> (here are some examples from this resource)

### Saints who I'm pretty sure were actually superheroes

No, their "superpowers" weren't designed by fancy machinery or alien power. They were simply receptive to the mighty power of God. These saints stories are incredibly heroic.



- [St. Mary, the Mother of God](#)
- [St. Peter](#)
- [Bl. Miguel Pro](#)
- [St. Maximilian Kolbe](#)
- [St. Joseph Cupertino](#)
- [St. George Martyr](#)
- [St. Joan of Arc](#)
- [St. Padre Pio](#)

## Modern day saints

Men and women who know what it means to live in the 20th century and still live a holy life. Whew, that's not only impressive, but beautiful. We have a lot to learn from these men and women.

- [St. John Paul II](#)
- [St. Gianna](#)
- [Bl. Chiara Badano](#)
- [St. Josemaria Escriva](#)
- [Bl. Mother Teresa](#) (now St. Teresa of Calcutta)
- [St. Katharine Drexel](#)
- [St. Maria Faustina Kowalska](#)
- [St. John XXIII](#)
- [St. Pauline of the Suffering Heart of Jesus](#)
- [St. Luigi Orione](#)
- [St. Riccardo Pampuri](#)
- [St. Mary MacKillop](#)

## Saints with a really cool conversion story

God works wonders in our lives in small and hidden ways, but sometimes His wonders are loud. These saints experienced a profound conversion that really shaped their life in tremendous ways.

- [St. Ignatius of Loyola](#)
- [St. Francis of Assisi](#)
- [St. Mary Magdalene](#)
- [St. Paul](#)
- [St. Augustine of Hippo \(also a doctor of the Church\)](#)
- [St. Genesius](#)

## Saints who reached sanctity before the age of 25

Most of these saints were younger than you when they reached sainthood. What's your excuse?

- [Bl. José Sánchez del Rio](#)
- [St. Agnes](#)
- [St. Dominic Savio](#)
- [St. Tarcisius](#)
- [St. Maria Goretti](#)
- [Bl. Chiara Luce Badano](#)
- [St. Aquilina](#)
- [St. Gemma Galgani](#)
- [St. Lucy](#)
- [St. Philomena](#)
- [St. Aloysius Gonzaga](#)

## Saints to invoke if you need prayers for a very specific intention

A saint is way more than their patronage, but sometimes we just need a saint in our lives who can pray for us in a particular way.

- For the universal Church and fathers – [St. Joseph](#)
- For those suffering nervous and mental afflictions – [St. Dymphna](#)
- For abuse victims – [St. Monica](#)
- For headaches – [St. Teresa of Ávila \(also a doctor of the Church\)](#)
- For sore eyes – [St. Clare of Assisi](#)
- For those too sick to care for themselves – [St. Roch](#)
- For the poor – [St. Lawrence](#)
- For those who struggle with doubt – [St. Thomas the Doubter](#)
- For “hopeless causes” – [St. Jude Thaddeus](#)
- For athletes – [St. Sebastian](#)
- For musicians – [St. Cecilia](#)
- For artists – [St. Catherine of Bologna](#)
- For students – [St. John Bosco](#) and [St. Benedict](#)
- For travelers – [St. Christopher](#)
- For friendships – [St. John the Evangelist](#)