



CHOOSING MY CONFIRMATION NAME

What is a Confirmation Name?

- Name that would remind me of the Sacrament of Confirmation
- I can...
 - (i) keep my baptismal name- signifies that I am confirming the faith given to me at Baptism
 - (ii) add a name- signifies my newer and deeper awareness of what it means to be a disciple of Jesus

How do I Choose a Confirmation Name?

Step 1: Who are saints?

Find a list of canonized saints and read about their life stories!

Step 2: Which saints should I read about?

Read about male saints if I'm male and female saints if I'm female!

Step 3: Pray to the Holy Spirit!

Pray for help in finding a saint whose life I'd like to imitate.

Step 4: Shortlist to 2 saints ☺

Think of virtues these 2 saints had (e.g. patience, diligence, humility, obedience, simplicity) and find one virtue that connects with me.

Step 5: Consider a few special stories about these 2 saints...

This is to help me find a spiritual connection.

Step 6: Ask a Catholic friend or family member!

Talk about the saints' lives and what attracts me spiritually to them.

Step 7: Choose My Confirmation name

Inform my family and friends of my choice.

Step 8: Pray to the saint ☺

Ask this saint to intercede for me and be my powerful spiritual guide!

Step 9: Remind myself of the saint

Look for pictures, holy cards and books associated with the saint.
These will help me reflect upon his or her unique virtues.



My Confirmation Name

The name I have chosen as my Confirmation name is:

I have chosen this name because...
