

CONFIRMATION SAINT NAME

Name: _____

Your Saint's Name: _____

Gender: _____ Date Born: _____ Date Died: _____

Where are they from?: _____

What is your Saint's feast day?: _____

Was your Saint a: (check all that apply)

Priest Nun Bishop Martyr Doctor of the church

What about this Saint impressed you and why?: _____

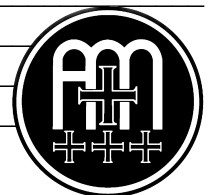
What are three fun facts about your Saint?: _____

Why should people today know about this Saint? What does he/she contribute as a lesson to today's world? _____

Was this Saint alive in a time when Christianity was accepted or in a time of great persecution?

Is there a particular group who has a devotion to this Saint? An ethnic group? A religious order?

What about this Saint can you apply to your own life?: _____



About Confirmation Names

Confirmation names are a special part of the confirmation process for Roman Catholics. Before the ritual of being confirmed, those seeking confirmation choose to take a saint's name with whom they identify. After confirmation the confirmed can pray for the saint's guidance and protection.

Significance

Confirmation is a rite or sacrament in the Christian tradition. For Roman Catholics, confirmation usually occurs in teen years. Coming from the New Testament, confirmation is related to the receiving of the Holy Spirit by the apostles on Pentecost. At the time of confirmation, the Holy Spirit is thought to descend on the person and bestow spiritual gifts.

Features

Roman Catholics going through confirmation choose a saint they feel an affinity for as their confirmation name. The patron saint then serves as their guide and protector. Choosing a confirmation name is not biblical and does not come from the official Catholic liturgical book. This is practiced in the United Kingdom, United States, Germany and Poland.

Types

The set of confirmation names is as long as the list of saints that can be found in the section below.

Considerations

The common advice for those trying to decide on a name is to research saint names and find one that fits their personality or spiritual goals. Those seeking confirmation are also encouraged to pray and seek a saint that is willing to guide them as they seek a closer relationship with God.

Benefits

At the time of confirmation after a confirmation name is chosen, the confirmed is said to receive spiritual gifts from the Holy Spirit. These gifts include speaking in tongues, healing, discerning of spirits and prophecy.

How to Choose A Saints Name

During the Catholic sacrament of Confirmation, God the Holy Spirit comes upon you to bestow numerous spiritual gifts and "confirm" the faith given you in Baptism when Original Sin was wiped away. You choose a Confirmation name before Confirmation. This new name, imposed by the bishop during Confirmation, becomes a part of your full name. It comes after your first and middle names and before the last name.

1. Find a list of canonized saints in the Roman Catholic Church by reading a book or doing online research. Saints are people who have lived holy lives and are now in heaven as members of the Church Triumphant. Their life stories provide examples for others on how to overcome spiritual obstacles on Earth.
2. Pray to the Holy Spirit, and ask Him for help in finding a saint whose life you'd like to imitate. This saint will be bonded with you spiritually, and becomes your heavenly patron who intercedes for you before God.
3. Narrow your selection to two saints. One of them will be your new Confirmation name. Think about the specific virtues those saints exhibited, such as patience, perfection, diligence, humility, mortification, meekness, obedience, prayer, charity or simplicity. Find a virtue that connects with you.
4. Consider the one or two special stories told about those saints on your "short" list to help you find a spiritual connection. For example, St. Maximilian Kobe gave up his life for another person's life in a German concentration camp during World War II, and so showed the virtue of selflessness. St. Francis, a spiritual leader who founded a religious order, led a simple life of poverty and greatly loved animals.
5. Take your list of two saints to a family member or friend who is a practicing Catholic. Talk about the saints' lives with that person, and discuss what attracts you spiritually to these holy people.
6. Select your Confirmation name, and inform your family and friends. Get used to it by saying it over and over again. Practice writing it as part of your full name: First Name Saint Name Middle Name Last Name
7. Before you are confirmed, pray for the saint's intercession whose name you will be using as your Confirmation name. Ask this saint to intercede for you, to help you make the right moral choices, and overall to be a powerful spiritual guide the rest of your life.
8. Get pictures, holy cards, and books associated with your Confirmation's namesake. These visual reminders of your saint will help you reflect upon his or her unique virtues.