Choosing a Confirmation Saint

What is a Saint?

- As Catholics, The Saints are an integral part of our faith. We do not worship the Saints. Rather, we ask them to intercede for us, or pray for us. By praying for us, the Saints help us strengthen our relationship with God.
- We think of Saints as our "Role Models". Their lives are excellent examples of living out our Faith.
- When choosing your Confirmation Saint, you want to pick one that inspires you, one that you want to emulate (and of course, ask to pray for you!)

When you choose your Saint, you do need to know a little bit about their life (when they lived, what they are known for). You also want to be able to share the reason you picked this Saint.

The Catholic Church has recognized thousands of Saints, and that can be a little overwhelming to research! If you need some guidance, you can work through (some or all) of the questions below:

1. What are some of your passions? (examples: music, art, volunteer activities, possible career aspirations). Try to research based on these passions. For example, if you search for "Saint of Music", you'll find information about St. Cecilia.

2. What are ways in which you would like to deepen your faith? (For example, maybe you want to deepen your devotion to the Eucharist. If you search "Saints with a strong devotion to the Eucharist", you'll find a whole list of Saints!)

3. Talk to your Sponsor about their Confirmation Saint. Who did they choose? Why did they decide to pick that Saint?

Saint Name Form

Due November 3

Confirmation Candidate:
(First and Last Name)
Saint Name Chosen:
Give a brief summary of this person's life:
Why did you choose this Saint? Or, How do you most relate to this Saint?
How can you emulate the qualities of this Saint?