

DUE DATE
DECEMBER 1, 2024

Sacred Heart

—Catholic Church

Unite in love, then serve.

How to Choose a Confirmation Saint

1. **Pray.** Pray and ask the Holy Spirit to guide you. He knows the one saint that really wants you to pick them! Many people have stories about how their saint found them.
2. **Choose a saint who is the patron of (or is otherwise connected to) your occupation, vocation, or life state.** This is one of the most common methods. If you desire to be a chef, a lawyer, a nurse, or a combination, there is bound to be a saint that can relate to your life, which forms a special connection.
3. **Who better to pray for you than someone who lived a holy life in circumstances very similar to your own?** They will know just what to pray for, better than you will yourself. When I picked St. Ann, I had no idea she would also be my chosen profession, educator!
4. **Consider a saint whose feast falls on your birthday or baptismal day.** It's a nice connection and makes a great starting point.
5. **See if there is a saint that shares your given name.** Plenty of people choose a saint that they are already named for (whether that was intentional or not isn't important).
6. **Virtues are always great!** If you're like me, you're always working on a virtue like courage or bravery. Perhaps this draws you to a particular saint! I often think someone like St. Maximilian Kolbe or St. Maria Goretti had great courage!
7. **Be sure to ask whoever you pick as your confirmation saint to pray for you daily!** After all, your saint is in heaven and lives in perfect harmony with God's will. He/She knows exactly what it will take to get you into heaven. You will have a friend in heaven that prays for you daily.

Great Websites to find Confirmation Saint Ideas

1. <https://www.ewtn.com/catholicism/saints>
2. <https://www.catholic.org/saints/>
3. <https://mycatholic.life/saints/#gsc.tab=0>
4. <http://saints.sqpn.com>
5. <https://www.catholicdoors.com/misc/patron.htm>