

CHOOSING A CONFIRMATION SAINT

WHY DO WE CHOOSE A SAINT FOR CONFIRMATION?



The saints, our teachers

What an incredible gift we have in the communion of saints. The saints are like us! They are our ancestors, our teachers, our friends, our siblings. They are real, truly human. They are sinners, they are repentant children of God.

The saints lived on this earth and experienced suffering, joy, pain, broken promises, peace, frustration, war, injury, heartbreak... they know our hearts. But mostly, they know what it takes to be united with God here on this messy earth. They know what it takes to live well for Him.

As we go through our sacramental preparation for Confirmation, Confirmation saints are chosen to be a person we want to be like, as well as someone who can pray for us from heaven.

HOW TO CHOOSE A CONFIRMATION SAINT?

So, how do we go about choosing a Confirmation Saint?

The first step is prayer. We should ask the Holy Spirit to guide us to the Patron Saint who will be a particular good fit for us. Then, we can begin reading the lives of the saints and learning what these holy men and women did in their lives. This exercise can bear great spiritual fruit as we learn more about the heroes of the Church.

A way to narrow down our search might be to begin with our own namesake. Of course, these saints are already our personal patrons.

Next, we might look to our local Parish for inspiration, or we can see who is the patron of our home country? Who is the patron saint of our ideal job in the future? Who is the patron of our interests and hobbies? If we suffer from a particular illness, who is the patron saint of that ailment? There is no right answer: all the saints are great choices! However, we should do our due diligence to pick a patron saint to whom God leads us.

After narrowing it down to a few saints and researching a bit about their lives, seek the guidance and counsel of those who know you best. Our parents, youth ministers, pastors, and teachers are often able to provide valuable insight beyond our own understanding based on what they know of us and what they know of the saints.

Do not stress too much about choosing the “right” saint. As I said, they are all wonderful. Studying the lives of the saints will reveal that to you. Simply do your due diligence: pray about it and think about it. When you think you’ve finally chosen a saint, begin asking for their intercession in your confirmation process and enjoy the journey together!

