How to Choose a Confirmation Saint

During Confirmation you are given the opportunity to choose the name of a Saint with whose life and gifts you can identify with. This is a chance for you to get to know someone who is a Saint in the Church; a person that you can relate to and ask for their help in your life.

The Saints are our spiritual guides, our companions on life's journey. Their experiences show us the path we are to take in our own lives. The title of Saint tells us that the person lived a holy life, is in heaven, and is to be honored by the universal Church. Canonization does not "make" a person a Saint; it recognizes what God has already done.

The saints are meant to be our heroes. We are made to be soldiers for Christ, and soldiers need heroes to follow. In our earthly journey, we are not meant to walk alone: we need inspiration to guide us and friends to accompany us. Our patron saints are not only meant to be our spiritual heroes but also our heavenly friends. Taking a Confirmation saint encourages us to develop (or deepen) a relationship with a particular saint.

Which saint to choose is an important decision but also not one that you ought to sweat. If you feel interiorly led towards a particular saint, do not doubt that. Your Confirmation saint will not be the only saint you deeply befriend during your life, but they do hold a special role.

If you aren't sure where to start when picking a Confirmation saint, the following questions will give you something to start with.

- What are my strengths, interests, hobbies, passions?
- What do I feel that God is calling me to do in my life?
- Is there a saint I already know about that I relate to?
- What has been a significant circumstance in my life? Is there a saint that had a similar experience?
- Is there a saint that seems to have chosen me? Ie. I have encountered them in multiple different ways and experiences in my life.

If you want some resources to learn more about various saints, the below links can be a good starting point for you when considering who your Confirmation saint will be.

- https://catholicsaints.info/ On this site, you can look up saints by occupation, life status, religious life, and other characteristics. This site is good for finding a saint, but you will need to do more research about that particular saint elsewhere.
- https://www.catholic-saints.info/ This site is good for getting information once you have narrowed down your list of potential saints.