

# Saints & The Sacrament of Confirmation

As you prepare to receive the Sacrament of Confirmation, you are asked to choose a Confirmation Saint as your patron/patroness. You may choose a holy person in the Bible or a canonized Saint of the Catholic Church.

At your Confirmation, you will be confirmed using this name.

*For example, if you choose St. Anthony, the bishop will confirm you by saying:  
“Anthony, be sealed with the gift of the Holy Spirit.”*

## What is a Saint?

The word “[saint](#)” can refer to anyone who has died and who is in heaven.

A [canonized](#) saint in the Catholic Church is a person who is in heaven and is officially recognized as having lived a life of heroic virtue while on earth. We refer to canonized saints using a capital ‘S,’ like *Saint* Augustine (abbreviated, “St.”). On earth, these saints were not perfect! They overcame various trials and temptations by relying on the grace of God.

*“We know certainly that our God calls us to a holy life. We know that he gives us every grace, every abundant grace; and though we are so weak of ourselves, this grace is able to carry us through every obstacle and difficulty.” – St. Elizabeth Ann Seton*

## Why Do We Choose a Saint for Confirmation?

As Catholics, we know the power of having saints pray (or intercede) for us.

Many saints are patrons, meaning they are the special protectors or supporters of a particular person, place, community, or area of life (for example, St. Cecilia is the patron saint of musicians). You may select a saint based upon what he/she is the patron of, but whatever saint you choose, he/she also becomes your patron. This means that he/she will be looking out for you in a special way for your entire life, until the day when you meet them in heaven!

The saints also are great examples of how to live our faith. They came from different backgrounds, experienced different things, and faced different struggles, but all loved Jesus and are now with Him in heaven. Like when white light passes through a prism and you can see the different colors, the saints cooperated with God to reveal His different aspects, like His mercy, love, and faithfulness.

### Why Do We Use A Saint's Name During Confirmation?

Choosing a Confirmation name is a centuries-old tradition in the Catholic Church.

God calls each person by name (Is 43:1). In Sacred Scripture, great power and significance are attached to names. A name expresses something of the essence of a person. It both creates and reveals an identity.

We see in both the Old and New Testaments the significance of names and how God gave people [new names](#) in order to give that person a particular, powerful role in His work: Abram became Abraham, Jacob became Israel, and Simon became Peter ( see Genesis 17:1-8, Genesis 32:23-29, and Matt 16:13-20).

With the Sacrament of Confirmation, you are fully joining the Catholic Church and have a unique, irreplaceable purpose and identity as a disciple of Christ. There is great significance in your Confirmation name!

### How Do I Choose A Saint?

Read and learn about several saints – there are thousands to choose from. You never know which saint the Holy Spirit will guide you to choose! You can select a saint of either gender. Your saint can be a holy person from the Bible, or with the title of [“Blessed”](#) or “Saint.” Pray about the saint you are considering!

Here are a few places to learn more about saints:

[Biggest and Best List of Confirmation Saints](#) (lifeteen.com)

[Catholic Online](#) (catholic.org)

[EWTN Saints A-Z](#)

[Aleteia](#) (aleteia.org/daily-prayer)