

# CHOOSING A CONFIRMATION NAME

Confirmation is one of the 3 sacraments of initiation celebrated in the Catholic Church. One of the graces received through the Holy Spirit in this sacrament is a strengthening in giving witness to Jesus Christ as well as a strengthening in the virtues. By celebrating this sacraments after the age of reason, the baptized Christian is given the opportunity to freely choose to profess faith in Jesus Christ as well as to accept and practice the Catholic Christian faith.

For centuries, it has been a common practice that individuals who are to receive the sacrament of Confirmation select a “confirmation name.” The purpose of this selection is twofold: First, the “new” name is a reminder that we receive the sacrament of Confirmation, we are undertaking a new responsibility in life – taking a “new” life, as an active, participating, responsible member of the Catholic community. Secondly, the name chosen is, by tradition, the name of a patron saint who we admire; someone who’s life we will seek to model our own upon, and upon whom we will rely for spiritual assistance and intercession. It is not necessary to select a completely “new” name (although most people do). Your current name, if you are named after a saint of the Church, could serve as your confirmation name as well.

It would be good to pray about your confirmation name. Ask the Holy Spirit to help you choose a confirmation name. Ask God what name he wants you to take. Give God permission to name you. Research the lives of the saints. Learn a little about them. Be aware of any attraction you may have to a particular saint and what is the reason for the attraction. Narrow your list of possibilities down to several and finally just one. Then present that name to God and in prayer ask Him if that is the name for you. As a general guideline in your discernment, follow your peace in interior feelings. God’s Will is always found in peace.

**Your baptismal name and last name:** \_\_\_\_\_

**The confirmation name you have chosen:** \_\_\_\_\_