

# Choosing Your Confirmation Saint

## **Why Choose a Saint?**

There's a great tradition when we prepare for the sacrament of Confirmation of choosing a Saint. The Church teaches that when someone is canonized a Saint, he or she encompasses heroic virtue and holiness, which makes them both models and intercessors for all believers.

There are *thousands* of Saints with amazing stories to encourage us to live our faith boldly. By discerning a Confirmation Saint, we are asking that Saint to pray for us and walk with us throughout our entire journey of faith!

## **How Do I Choose a Saint?**

The first thing you should do when discerning your Confirmation Saint is pray for the Holy Spirit's guidance to help you choose the best saint for you.

Next, do some research! Step outside the box by getting to know your favorite Saints better and by introducing yourself to new ones. There are tons of books and online resources loaded with information about the Saints. You can start by searching for the patron Saint of your favorite hobbies like singing or sports. Having a Saint that you can relate to is helpful in building your relationship with them.

While you research, ask yourself why you are drawn to a specific Saint. Is it because of how they lived their faith? Remember, you should find a role model for you. This Saint will pray for you and can act as a spiritual guide.

## **I Chose My Saint...Now What?**

When you've found a Saint to walk with you for the rest of your life, get to know them! Find a book on that saint and enter into a friendship. Consider writing them a letter about why you chose them and what you would like them to pray for. Keep it in a safe place so you can look back on it for years to come.

Ask your Saint to help you receive the sacrament of Confirmation and to pray for you in this blessed time.

Your parish Confirmation coordinator will also likely be asking you for information about your Saint so keep good notes and keep learning more about them.