

Confirmation Preparation: Choosing a Saint

Church of the Little Flower, 2026-27



Let us turn to the example of the saints. They were people like us, flesh and bone, with failings and weaknesses, who managed to conquer and master themselves for the love of God. Let us consider their lives and, like bees who distill precious nectar from each flower, we shall learn from their struggles.”

-St. Josemaria Escriva

Dear Confirmation Candidate,

One of the most significant steps of your journey towards the Sacrament of Confirmation is choosing a patron saint. During the Confirmation ceremony, the Bishop will address you by the name of your saint, and it is recorded in your official Confirmation record.

You already have the patron saint of your baptism. (Get to know that saint if you haven't already!) Now, you may choose a saint who you feel can be a close spiritual friend to you throughout life. This saint, who was not perfect during life on earth, but who loved God and displayed heroic virtue for the sake of others, may be someone with whom you share an interest. Or, perhaps he/she came from a country that is significant to you, or suffered in a way that you understand.

Spend some time researching saints and talking to others about your choice. Some good websites are [Catholic Online](#), [Life Teen](#), and [Aleteia](#). Your Religion teacher will provide time to learn about and share about your saint during class, and you will discuss your saint during your Confirmation interview.

Little Flower Clergy and Teachers