

Choosing a Name

Being given a name is a significant part of belonging to a family and to the Christian community. When you were baptized, your parents and godparents were asked to present you *by name* for the sacrament. For the Sacrament of Confirmation, you are asked to reaffirm your baptismal name or to choose the name of a saint whose example you wish to follow. Some candidates pick the name of a relative whom they admire and who also represents a model of Christian witness.

This is a decision that should include your family and sponsor. As you choose your name for Confirmation, here are some ideas that might help you:

- Talk to your parents or someone else in your family about your own name.

Where did it come from?

Why did your parents give you this name?

If you share the same name as a saint, do some research into who the saint was and how he or she lived out his or her faith.

- If you decide to take another name, talk to your sponsor, your catechist, or members of your family about the names of saints. Is there one who shows a particular spiritual strength or gift that inspires you? This might be someone who takes a strong stand for his or her faith, a commitment to serving the poor, a prayerful life, or a dedication to social justice.

- Give yourself time to pray about this. Ask your family and sponsors to pray for your decision as well. Such prayer will most certainly lead you to making a good decision.