



# Why Do Catholics Choose Confirmation Saints?

by [Life Teen](#)

As we go through our sacramental preparation for Confirmation, Confirmation saints are chosen to be a person we want to be like, as well as someone who can pray for us from heaven.

Through the process of canonization, when someone is declared by the Church to be a saint, the Church is proclaiming that this member of the faithful practiced heroic virtue during their life on earth, ‘the Church recognizes the power of the Spirit of holiness within her and sustains the hope of believers by proposing the saints to them as models and intercessors’ (CCC 828).

To aspire to be like a saint is the same as trying to imitate an actor, musician, or athlete; a confirmation saint is someone cool who we want to be like!

You may have a famous actor, musician, or athlete that you really admire for their talent and skill. What many people don’t realize is that there are good people to look up to within our Church, for us to try to be like as well. It is common for us to think that only adults are able to become saints, but that is wrong.

As a young teen in the early 4th century, Saint Agnes was martyred because she refused to denounce her faith. Saint Aloysius, a young Jesuit in the late 16th century, helped care for people who were sick with the plague, giving them care and love as they left this world. His close contact with the disease took his life soon thereafter. Both these young saints bear witness to having love of God as their first priority.

It is important to remember that as members of the Church, we are never been alone, as St. Paul said, ‘We are surrounded by so great a cloud of witnesses’ ([Hebrews 12:1](#)). These witnesses are the saints who continually intercede for us (CCC 956); in choosing a confirmation saint, we are choosing a special friend to intercede for us in heaven and after whom we can model our lives while here on earth.

You can’t call up a famous person you want to be like and ask them for help, but your Confirmation saint is someone who you can talk to whenever you need them and they will always have your back!

### **Saint Name Reflection – Application Essay**

1. Choose your saint name.
2. In 500 words share why you chose that particular saint.
3. Include the saint’s name, country of origin, what language they spoke, what time period they lived in and what they are the patron saint of. (This does not count towards the 500 words.)
4. Email or print copy is accepted.

**Saint Essay Example:** <https://stmarymagdalen.org/Ministries/Youth/documents/EssayDirections.pdf>

**List of Saint Names:** See list that follows. (LifeTeen also has a list of saint names online divided into categories. <https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>)

## List of Saint Names

**Saint Adrian** the Patron of soldiers  
**Saint Agatha** the Patron of Bell founders and Breast diseases  
**Saint Agnes** and **Saint Dymphna** the Patrons of Victims of Rape  
**Saint Agnes** Chastity and Girl Scouts  
**Saint Alban** the Patron of Refugees  
**Saint Albert** the Patron of Medical technologists and Scientists  
**Saint Alexis** the patron of pilgrims and beggars  
**Saint Alphonsus** the Patron of Vocations  
**Saint Ambrose** the Patron of Learning  
**Saint Andrew** the Patron of Scotland  
**Saint Anne** the Patron of Grandmothers, Mothers, Women in labor and Horse riders  
**Saint Anthony** the Patron of Lost articles, the Poor, Amputees and Cemetery workers  
**Saint Augustine**, Bishop of Hippo the patron of Theologians  
**Saint Barbara** - Ammunition workers, Architects, Builders, Miners, Storms and Sudden death  
**Saint Benedict** the Patron of Monks and Poisoning  
**Saint Bernard** the Patron of the Alps, Mountain climbers, Skiers and Jewelers  
**Saint Bernadette** the Patron of the sick and of people ridiculed for their faith  
**Saint Blaise** the Patron of Wild animals and ailments of the throat  
**Saint Brendan** the Patron of Navigators and Sailors  
**Saint Bridget** the Patron of Ireland and Fallen women  
**Saint Bridget** of Sweden Patron of Europe  
**Saint Camillus** the Patron of Nurses and the Sick  
**Saint Catherine Laboure** the Patron of the Miraculous Medal  
**Saint Catherine of Sienna** the Patron of Temptation  
**Saint Catherine** the Patron of Philosophers, Secretaries, Spinsters  
**Saint Cecelia** the Patron of Music  
**Saint Charles Borromeo** the Patron of Clergy, Colic, Stomach trouble and Ulcers  
**Saint Christopher** the Patron of Bachelors, Drivers, Travel and Travelers  
**Saint Clare of Assisi** the Patron of the Media  
**Saint Dennis** the Patron of France and Headaches  
**Saint Dominic Savio** the Patron of Young Men, the wrongfully accused and juvenile delinquents  
**Saint Dymphna** the Patron of Family harmony, Insanity, Mental illness, Nerves and Runaways  
**Saint Elizabeth** the Patron of Separated spouses and Difficult marriages  
**Saint Eustace** patron of Hunters and those facing adversity  
**Saint Francis De Sales** the Patron of Confessors, the Deaf, Journalists and Teachers  
**Saint Francis of Assisi** the Patron of Animals, Birds, and the Environment

**Saint Francis Xavier** The Patron of the Orient, Missionaries, Navigators and Sailors  
**Saint Francis Xavier Cabrini** the Patron of Immigrants, emigrants, Missioners and Wine makers  
**Saint Gabriel** the Patron of Youth, Clerics and Communications workers  
**Saint Gemma Galgani** the Patron of Temptation and the Persecuted  
**Saint Genesius** the Patron of Actors, Comedians, Dancers, Epilepsy and Lawyers  
**Saint George** the Patron of England, Chivalry and Soldiers  
**Saint Gerard** the Patron of Infertility, Pregnant women and those Falsely accused  
**Saint Germaine** the Patron of Child abuse  
**Saint Gregory the Great** the Patron of Teachers, Students and Musicians  
**Saint Henry** the Patron of Childless and of the Handicapped  
**Saint Hubert** the Patron of Hunters and Mathematicians  
**Saint Ignatius Loyola** the Patron of Jesuit Order, Retreats and Soldiers  
**Saint Ignatius of Antioch** he Patron of Churches in the eastern Mediterranean  
**Saint Jerome** the Patron of Librarians, Scholars, Students and Abandoned children  
**Saint Joan of Arc** the Patron of France, Service women, Virgins, Prisoners and Victims  
**Saint John Berchman** the Patron of Altar / Mass servers  
**Saint John Bosco** the Patron of Young People  
**Saint John the Baptist** the Patron of Baptism, Conversion and Tailors  
**Saint John the Evangelist** the Patron of Book sellers, Art dealers and Printers  
**Saint John** the Patron of Heart ailments and Orators  
**Saint John Vianney** the Patron of Pawnbrokers and Priests  
**Saint Joseph** the Patron of Belgium, Carpenters, Married couples and Pioneers  
**Saint Jude** the Patron of Desperation and Hopeless causes  
**Saint Lidwina** the Patron of Skaters  
**Saint Louis** the Patron of Child Death  
**Saint Louise** the Patron of Orphans and Widows  
**Saint Lucy** the Patron of the Poor, Cutters, Eyes, Peddlers, Saddlers and Salespersons  
**Saint Lucy/Saint Lawrence** the Patrons of Blindness  
**Saint Luke** the Patron of Artists, Doctors, Jewelers, Physicians, Sculptors and Surgeons  
**Saint Margaret Mary** the Patron of Polio  
**Saint Margaret** the Patron of Homelessness  
**Saint Maria Goretti** the Patron of Young Women, Chastity and Rape Victims  
**Saint Mark** the Patron of Prisoners and Lawyers  
**Saint Martha** the Patron of Housewives, Domestic workers and Servants  
**Saint Martin** the Patron of Vintners and Alcoholics  
**Saint Mary Magdalen** the Patron of Frail and Penitent Women  
**Saint Matthew** the Patron of Accountants, Bankers, Bookkeepers, Stock brokers and Tax collectors  
**Saint Matthias** the Patron of Carpenters and Tailors

**Saint Maximilian Kolbe** the Patron of Drug Addiction  
**Saint Michael** the Patron of Battles, Germany, Grocers, Police officers, Radiologists, Seafarers  
**Saint Monica** the Patron of Alcoholism, Bakers, Brewers, Children, Coopers, Greece and Peace  
**Saint Nicholas/Saint Dorothy** the Patron of Brides  
**Saint Patrick** the Patron of Ireland, Snake bites and Tooth ache  
**Saint Paul** the Patron of Authors, Press, Publishers and Writers  
**Saint Peregrine** the Patron of Cancer and Skin diseases  
**Saint Peter** the Apostle - Patron of Fisherman and Ship builders  
**Saint Peter the Martyr** - Patron of Inquisitors and Midwives  
**Saint Philip** - Patron of Cooks and Bakers  
**Saint Rita** the Patron of Healing of wounds, Loneliness and Tumors  
**Saint Robert** the Patron of Catechists  
**Saint Rose of Lima** the Patron of South America and against Vanity  
**Saint Scholastica** the Patron of Convulsions in Children and rain  
**Saint Sebastian** the Patron of Athletes, Enemies of religion and Gardeners  
**Saint Stephen** the Patron of Deacons  
**Saint Theresa of Avila** the Patron of the Sick, Headache sufferers and loss of Parents  
**Saint Theresa of Lisieux** the Patron of Missions, Pilots, Florists and AIDS sufferers  
**Saint Theresa** the Patron of Missions and Tuberculosis  
**Saint Thomas Aquinas** the Patron of Universities and Students  
**Saint Thomas More** the Patron of Civil servants, Court Workers, Lawyers and Widowers  
**Saint Timothy** the Patron of Internal Pain and Disease  
**Saint Ursula** the Patron of Young Girls  
**Saint Vincent de Paul** the Patron of Charitable Societies  
**Saint William** the Patron of Adopted children  
**Saint Winifred** the Patron of Virgins