



# HOW TO CHOOSE A SAINT NAME

The purpose of choosing a Saint (and a Sponsor, for that matter) is that God wants us to have company on our journey to spending eternity with him. Our Sponsors are there to encourage us to holiness and to lovingly admonish us when our actions fall short.

Saints, too, keep us from traveling alone through this life. They serve as examples of how to repent of our sins, face adversity, and rely on God in times of joy and need—we can aspire to be like them! Rather than thinking of them as dead people from a long time ago, think of them as someone on your side.

Saints were real people, who sinned (often, a lot!), who experienced suffering, heartache, broken promises, disappointment, illness, war, and betrayal—all things human. They chose a holy path, and now *they live* with God! They can pray for us without getting tired or hungry or bored: your ultimate friend and champion. Their metaphorical cell phones are always on, waiting to hear from you, to offer comfort, prayer, and friendship.



# RESOURCES ON SAINTS

Here are some ways to narrow down finding a Saint who will really speak to you and who will accompany you throughout your life:

- Is there a Saint with your same name whose story you can relate to?
- Did your parents choose your name because of a Saint?
- Look up Saints whose feast days fall on your birthday or other important dates in your life.
- Are you especially interested in art, music, medicine, sports, architecture, public speaking, or any other specific skill, profession, or interest? There are patron Saints of all these specialties—and more than you can think of!
- Do you have a specific challenge or shortcoming you really work to overcome? There are Saints who also had physical limitations, illnesses, learning challenges, and bad habits.
- If you want to be inspired, look up Saints who were teens or young adults when they died—and still became Saints!
- There are also Saints with really amazing conversion stories, modern Saints, Saints from countries your ancestors came from, and North American Saints.

If you use a website instead of a book to find a Saint, please make sure you reference “Catholic” in your search, and please confirm your choice with two sources. We don’t want any “pseudo-Saints” sneaking in there!

[www.catholic.org/saints/](http://www.catholic.org/saints/)

<http://www.aboutcatholics.com/beliefs/alphabetical-list-of-patron-saints/>

<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/saints/>