

# CHOOSING A CONFIRMATION SPONSOR

Each candidate must choose someone to sponsor them. Your sponsor may be a godparent, a relative, a friend, or a role model in your life.

## QUALIFICATIONS OF A SPONSOR:

1. Must be a fully initiated Catholic, having received the Sacraments of Baptism, Eucharist and Confirmation.
2. Sponsors are to be active members of a Catholic Church who attend Mass regularly. Ideally, you would choose someone from one of our three parishes.
3. Must be sufficiently mature in his/her commitment to Christ: committed to life as a disciple.
4. Must be a minimum age of 16 years. But, we recommend choosing someone who has been Confirmed for 5+ years.
5. The person chosen must have the intention of performing their role and assume an ongoing spiritual relationship with the candidate – this is not a one-time role!
6. Cannot be the parent of the Confirmation candidate. Siblings are not recommended, but allowed.
7. Not prohibited by law (canon or civil) from exercising the role of sponsor.

## THE COMMITMENT OF A SPONSOR:

1. Assist in the preparation for the Sacrament:
  - Meet with your candidate at least 6 times, leading the discussion with guidebook.
  - Pray for your candidate daily.
  - Attend the end of the Confirmation Retreat for prayer and practice.
  - Participate in a service or prayer experience with the candidate. If this is not possible, the candidate can complete on their own.
2. Accompany the candidate and present him/her to the bishop at the Confirmation Mass.
3. Help the candidate fulfill his baptismal promises faithfully by challenging and encouraging as needed.
4. Build this relationship. Go out of your way to know, love, and support your candidate.
5. Continuing to be a source of encouragement and guidance for the candidate after receiving the Sacrament of Confirmation.

## TRAITS OF A SPONSOR:

- A sponsor prays.
- A sponsor participates in the Liturgy and in the parish.
- A sponsor listens and is respectful.
- A sponsor serves as a bridge, helping the candidate understand and become familiar with the people, places and traditions of the Catholic faith the candidate is unfamiliar with.
- A sponsor respects the candidate's freedom, allowing the candidate to decide whether this is the right time to seek the Sacrament of Confirmation.
- A sponsor lives in a world of hope, feeling confident in being able to live their faith in the world.

### *Prayer for Choosing a Confirmation Sponsor*

Holy Spirit, helper and guide, give me wisdom as I choose my Confirmation sponsor. Help me to choose a person of prayer who will teach me also to be a person of prayer, who will support me in difficult times, who will guide me to make good choices, and who will challenge me when I do not. Help me to choose someone who will love me and teach me to love Jesus. Thank you for giving me a community of people around me to support and guide me as I take this important step in becoming more fully a member of your Church. Amen.