

Helpful Tips for Sponsors

Congratulations on being chosen as a Confirmation Sponsor! Below, you'll find a few suggestions for ways to step into this role more fully, as you accompany your Confirmand along the journey towards their Confirmation.

Live it Out Something about your life has already spoken to your Confirmand. Perhaps he or she does not even know what it is about you that attracts him or her to you, but something about the way you live, speak, relate to them or others has touched him or her. Continue to live out your faith with joy!

Create Intentional Time A cup of coffee or a phone call not necessarily related to Confirmation can help to strengthen your relationship with your Confirmand, which may lead to deeper conversations about the Church and our faith. During this time, many Confirmandi are just trying to make sense of the Church and her teachings in light of their own experiences and struggles. The stronger your relationship is with them in general, the easier it will be for them to approach you with these questions. Remember, it is not so much about "having all the answers" to these questions; but rather, helping your Confirmand come to know the love of Christ for them more fully!

Lean In Despite being signed up for Confirmation classes, many of our young people are not actively living their faith. Ask them to attend Mass with you or take them to the Sacrament of Reconciliation. The St. Peter Parish Adoration Chapel is open 24 hours a day 364 days a year. Suggest making a holy hour together. Offer them Catholic reading material or music. Speak to them about what we are discussing and challenge them to really dive into their preparation. The possibilities are endless.

Pray Never underestimate the power of prayer! Pray for your Confirmand daily, perhaps by specifically asking the intercession of their new patron, i.e. Confirmation Saint. There are many prayers and novenas available in Catholic bookstores or online specifically designed to ready someone for the Sacrament of Confirmation. You may pray those on your own or with your Confirmand. Remember also to pray for yourself, asking the Holy Spirit to stir up the graces you received in your own Confirmation, in order to be the Sponsor that He wishes you to be!