



# How do I choose a sponsor?

Each candidate preparing for Confirmation will be asked to choose a Confirmation Sponsor. Sponsorship indicates a real appreciation of the beliefs of the Catholic faith, an active practice of the faith, and a sense of responsibility toward helping the person being confirmed to understand, practice and be faithful to Catholic teaching. Being a Confirmation Sponsor is not just an honor given to any good friend or relative.

A Confirmation Sponsor has three primary purposes before, during and beyond the Confirmation preparation process:

- 1. Your sponsor serves as a role model and mentor in the Catholic faith.**
- 2. Your sponsor is your companion on this faith journey, supporting you in prayer and in your response to the Holy Spirit's gifts and promptings.**
- 3. Your sponsor witnesses for you before the entire Church as you are confirmed.**

The Church teaches, *"The sponsor brings the Candidate to receive the Sacrament, presents him/her to the minister for anointing, and will later help him/her to fulfill his/her baptismal promises faithfully, under the inspiration of the Holy Spirit."*

Because of the importance of the sponsor in witnessing and modeling the Catholic faith, Church law requires that the person is:

- **At least sixteen [16] years of age.**
- **A practicing Catholic who has received Confirmation and Eucharist.**
- **Not bound by any canonical penalty.**  
[e.g., He/she may not be divorced and remarried without an annulment.]
- **Is not your parent, adoptive parent, or step-parent.**

**A first good choice** for a Confirmation sponsor is one of your godparents from Baptism [either gender]. This shows the close connection between Baptism and Confirmation. They still must meet the requirements of the law above and be willing to fulfill the three primary purposes listed above.

**A second good choice** is someone the candidate admires, who meets the requirements listed above, bears witness to the Catholic way of life, and is willing to fulfill the three primary purposes listed above. You should be able to talk freely with and relate well to your sponsor. [Grandparents are often a good choice.]



**Regardless of choice, you should keep in mind:**

- **Your sponsor needs to be interested in helping you through your program of preparation for Confirmation, and pray for you, especially during this time.**
- **Your sponsor is willing to help you and your parents and candidate discern your readiness and willingness to be witnesses of Christ by word and deed and to spread and defend the Catholic faith.**
- **Your sponsor needs to be ready to spend time with you before and after the celebration of the Sacrament. He/she must be willing to serve as a spiritual mentor, during the Confirmation preparation process and always.**

**SPONSOR DISCERNMENT PROCESS**

- 1. With your parents, in prayer, list the names of possible sponsors.**
- 2. Consider each person carefully, using the following as a guide:**
  - *Does he/she meet the above requirements?*
  - *Does he/she live close enough to meet with you to discuss issues as you prepare? Will he/she pray with and for you? Will he/she accompany and support me as I do service?*
  - *Is he/she able to attend the required meetings, the Enrollment Mass and Confirmation?*
  - *Is there another adult who can accompany me when/if the Sponsor is unavailable?*
  - *Does he/she live the Catholic Christian Way of life, worship weekly, and offer service in some way?*
  - *Is he/she mature enough to guide and challenge me to be an authentic Catholic Christian? Does he/she know the faith well enough to answer my questions in a way faithful to Catholic teaching, or be willing to find those answers with me?*
  - *Can I relate well to him/her so that we can pray and discuss our faith together?*

**SPONSOR DISCERNMENT PAPER**

Once you have made your final choice of Confirmation Sponsor, ask them in person, if possible, or on the phone if they will be your confirmation Sponsor. Email or text are not encouraged. This is an important request and deserves a personal invitation.

The sheet below will help you in your discernment (choosing) process and ask that you turn it in to your catechist after you complete the discernment process.



# Sponsor Discernment Paper

Your Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Please refer to the purposes and requirements of a Confirmation sponsor (on the previous page) as you prayerfully answer the questions below.**

With the help of my parents, I have chosen to invite \_\_\_\_\_  
to be my Confirmation Sponsor.

I have chosen him/her because:

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Some of the things that my sponsor and I plan to do together before Confirmation are:

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Some of the things that my sponsor and I have done together in the past are:

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We plan to carry on our relationship after Confirmation by: \_\_\_\_\_

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