



Confirmation Sponsor Information

For the Student:

This time of preparing for Confirmation is an extremely special time for you! You will be learning a lot, gaining valuable insight as to what it means to serve and live out your Catholic faith, and possibly stepping outside of your comfort zone. This time in your spiritual journey is not meant to be done alone. You have an entire community rallying around you and wanting to support you as you make this important step in your Catholic faith life. One person who plays an important role in this community is your Confirmation Sponsor. This person is there to walk with you and guide you as you prepare to receive the fullness of the Holy Spirit in this Sacrament of Initiation. Your Confirmation Sponsor is like a spiritual coach or mentor, affirming your strengths and suggesting ways you can grow and become better in the practice of your faith.

When choosing a Confirmation Sponsor, take your time to reflect on the important people in your life. Here are some suggestions to help you as you make your choice:

- Think about the qualities you want your Sponsor to have.
- Think about people who are good examples for you.
- Ask yourself if one of your godparents would be a good Sponsor.
- Talk with your parents and other family members about who would be a good choice.
- The Sponsor must be at least 16 years old.
- The Sponsor CANNOT be your parent.
- The Sponsor must be a practicing Catholic, having already received Baptism, Eucharist, and Confirmation, and must be actively participating in the Sacraments.
- Pray to the Holy Spirit for guidance.
- Talk with your Sponsor and explain why you chose him or her, remembering to share with them their responsibility.



For the Sponsor:

The Confirmation candidate has not chosen you to be their Sponsor by pure chance and luck. They chose you for a reason! The Sponsor represents the support and prayers of the entire Church. You will be a “spiritual friend” during the Confirmation process, as well as in the newly Confirmed’s life after the Confirmation ceremony. The role of the Sponsor should not be taken lightly. Please read through the roles and expectations of the Sponsor and strive to live the part out daily.



Roles, Expectations, and Guidelines:

- Must attend Mass, receiving the Eucharist, on a regular, at least weekly, basis. In addition to taking part in Mass at least once a week for Sunday obligations, Holy Days of Obligation should also be attended.
- Attempt to be present for combined Confirmation and Sponsor formation sessions.
- Spend time getting to know their Candidate. Get to know them on a spiritual level—where are they now, what are their faith goals, where could the Sponsor best help them grow.
- Meet with the Candidate regularly throughout the year of preparation. Discuss in greater detail what the student is learning in class and what they are learning about living their Catholic faith in their everyday life.
- Sponsors need to attend the Confirmation Rehearsal.
- Sponsors need to attend the Rite of Confirmation Liturgy.
- Share their faith story with the candidate.
- Pray for, and with, the Candidate.
- Be involved in the life of the Sponsors home parish, participating in some form of parish ministry.
- Sponsors must read and work through the provided Sponsor's Guide.

What would disqualify an individual as a sponsor?

- Sponsors must be Catholic. A Sponsor cannot be a non-Catholic Christian.
- Parents of candidates cannot be their Sponsor (they could be a Sponsor for someone else though).
- Catholics who are not actively affiliated with a worshipping community cannot be a Sponsor.
- A person who is invalidly married cannot serve as a Sponsor.
- If a practicing Catholic has not received Confirmation and the Eucharist yet, they do not qualify to be admitted as a Sponsor.

Sponsors are able to designate a proxy if, for whatever reason, they are unable to attend the Confirmation ceremony. The designated Sponsor must sign off on permission for a specific person to stand in as a proxy. The parent of the Candidate cannot be designated as the proxy.

Potential Sponsor—If you do not meet the qualifications spelled out or you do not feel ready to be a Sponsor, talk with the student who ask you to be one of their mentors through the Confirmation preparation journey. Explain to them why you do not feel called or are unable to fulfill this role. The formation a student goes through during this journey is imperative, and we need the Sponsor to understand this!

Go, therefore, and make disciples of all nations.

--Matthew 28:19