

# Sponsoring the Confirmation Candidate

St. Albert the Great  
Sun Prairie, WI  
[www.saintalberts.org](http://www.saintalberts.org)

## Accepting the Challenge

You probably never imagined yourself as a “mentor.” Now suddenly you find yourself in the role of a “spiritual guide” for a teenager. As a sponsor for a high school Confirmation candidate, you will act as both a mentor and spiritual companion for a young Catholic community member.

Your “mentoring” may be short term – a few significant conversations over a particular topic or a now and then encounter as the young person’s needs emerge.

The most exciting thing about being a spiritual companion to a teenager is that it is an opportunity to re-explore and rejuvenate our own faith. Young people have a wonderful gift for keeping us enlivened, challenged and authentic. Their own questions and issues will touch the yearnings of your own heart and soul. Look at this time as an adventure in Christian maturity. It’s a journey together. As your Confirmation candidate grows in faith, so will you!

## Sponsoring Ideas....

Make a point, when seeing the candidate casually, to talk about his or her experience of the process. Ask, “How’s the Confirmation preparation going?” “What kind of things are you discussing now?” “What are you learning about yourself as you do service with others?”

On your own, pray for the candidate and the success of his or her preparation. We will pray for you as well!

If you both attend St. Albert Church, make it a point to meet once in a while for Mass and sit together. Join the candidate for special times like Reconciliation Services and other parish activities.

If you find yourself thinking about the candidate during the process, consider that the Holy Spirit may be prompting you to contact him or her. Just call or send an email or text saying, “I was just thinking about you and wondering how things are going.”

### *A Sponsor’s Prayer*

*Welcoming Lord, stand by me.  
Favor me with insight  
into hearts hungry for welcome,  
with hospitality to accept and respect  
the gifts they bear,  
with generosity to share my gifts,  
with faith to share the gift that is you.*

*Fill me with your powerful Spirit  
that I might lead, guide,  
sponsor, and support.  
Speak your living Word to me  
and to the one I sponsor along your way.  
And when I don’t know what to say,  
keep me quiet, Lord,  
And let your Spirit do the talking. AMEN.*