



## DISCERNMENT PACKET

A helpful guide for choosing your Confirmation Sponsor:

### What is Discernment?

Discernment is the process of discussing with God and others as you try to make a decision about something that is pertinent to your life.

### Requirements to be a sponsor:

- Required by Canon Law: A Baptized, Confirmed, believing & practicing Catholic who is over the age of 16 and who is not the father or mother of the Candidate.
- Suggested by Holy Spirit: That the Candidate not choose an older sibling.



### How to go about choosing your sponsor:

- Invite the Holy Spirit to help you discern!
- Consult the characteristics of a good sponsor page.
- Make a list of possible role-models you know who would be a good choice.
- Bring your list to the adoration chapel or to prayer with you.
- Ask the Lord if he has any ideas, and why.
- Ask someone to be your sponsor with enough time before the deadline so that if your first option is not able to say yes, you have time to find another.

### How to go about asking someone to be your sponsor:

- Make time for a phone call or face to face time with this person to ask if they would consider being your Confirmation Sponsor. Ask them to pray about this decision.
- Let them know you will be in touch about the upcoming formation and journey together.





## **-Characteristics of a Good Sponsor-**

Someone who evidently loves their Catholic Faith!

Here are some good indicators:

- They have a strong prayer life: you see them at prayer, they make time for prayer.
- They love the Sacraments: They love confession and receiving the Eucharist beyond Sundays.
- They talk about their Faith: They love to share stories and witness to their Faith.
- They love to serve others: They put to heart the needs of others.
- They love taking time to adore God in Adoration.
- They are active in their parish.
- They take time for works of mercy: Helping the poor and needy.

Possible people to consider to be your sponsor:

- Your godparents
- A parishioner who you know or who inspires you
- A friend's parent
- An uncle or aunt who loves their faith
- A trusted coach

Other factors to consider:

- Would it be easy to discuss and share your questions with them?
- Would they be able to make it to the Confirmation Mass?
- Would they be able to support you in your faith after you are Confirmed?

