



How to Choose Your Confirmation Sponsor

What is a Sponsor?

Much like the sacrament of Baptism requires a sponsor (typically called godparents) the sacrament of Confirmation also requires the choosing of a sponsor. Your godparents were chosen to be role models of the Catholic faith for you when you received the graces of the Holy Spirit in Baptism.

In Confirmation, a sponsor is a person who mentors, encourages and assists a candidate to embrace and actively practice the Catholic faith before and after the sacrament of Confirmation. The sponsor also presents the candidate to the Bishop, or his delegate, at the celebration of Confirmation Mass.

How do I choose a Sponsor?

Your choice of sponsor is perhaps one of the most important decisions you will make at this point in your life. It will be your sponsor, more than anyone else, who will help you prepare for Confirmation over the next two (2) years and should be available to attend sessions and meetings throughout the preparation process as needed.

Ideally, you should choose one of your godparents from Baptism to be there as the graces of the Holy Spirit are sealed within you at the sacrament of Confirmation. If it is not possible to choose a godparent as your sponsor (e.g. they are deceased, live too far away, or are no longer a practicing Catholic), then you might ask someone else whom you see as an example of a committed, practicing Catholic. In the event you choose a sponsor who will ONLY present you to the Bishop at Mass you will need to choose someone else to be your mentor. Otherwise, the understanding is that your sponsor will also be your mentor.

Be sure to choose someone with whom you are comfortable talking to and who will listen to you without passing judgement. Consider discussing your choice with your catechist and your parents. Take time to pray about it. You might feel a little nervous when you are ready to ask someone to be your Confirmation sponsor. Remember that this person will most likely feel flattered and honored to be asked.

Avoid making a hasty decision – remember whoever you choose is supposed to help you grow in your faith. Pick someone who is close by so that they can be there for you on your journey. Don't choose someone out of obligation; remember, this is about your faith, not about feeling like you owe it a friend or family member to pick them.

Who can be a Sponsor?

To be a sponsor the person must fit the following guidelines:

- Must be a fully initiated Roman Catholic (received the Sacraments of Christian Initiation).
- Must be an active, practicing Catholic in good standing with the Church.
- Must be at least 16 years old.
- Must be someone other than the biological, or adoptive, parent of the candidate.
- Regularly attend Sunday Mass and receive the Sacraments of the Church.

Think of people you know who fully live out their Catholic faith, who models the roles of priest, prophet, and king and inspire you with ways to practice these roles too.

A prayer to help choose a Sponsor

Holy Spirit, helper and guide,
give me wisdom as I choose my Confirmation sponsor.
Help me to choose a person of prayer
who will teach me also to be a person of prayer
who will support me in difficult times,
who will guide me to make good choices,
and who will challenge me when I do not.

Help me to choose someone who will love me and teach me to love Jesus.
Thank you for giving me a community of people around me to support and
guide me as I take this important step in becoming more fully a member of
your Church.

Amen

Name _____



Confirmation Sponsor Information

I have reviewed the guidelines for choosing a Confirmation sponsor and I have chosen a person to be my spiritual guide and mentor to walk with me on my journey toward the sacrament of Confirmation:

My relationship to my sponsor is _____.

I selected this person because _____

_____.

Sponsor Name _____

Sponsor Address _____

Sponsor Email

Best way to contact _____

Sponsor Phone

Best way to contact _____

The sponsor I have chosen will also be my mentor.

The sponsor I have chosen will **NOT** be my mentor. If this box is checked, a Confirmation Mentor Information form will need to be completed and turned in IN ADDITION TO this form.

Name _____



Confirmation Mentor Information

The person that I have chosen to be my Confirmation sponsor is not able to fulfill the role of mentor. I have chosen an additional person to be my spiritual guide to walk with me on my journey toward the sacrament of Confirmation:

My relationship to my mentor is _____.

I selected this person because _____

Mentor Name _____

Mentor Address _____

Mentor Email

Best way to contact _____

Mentor Phone

Best way to contact _____

The form only needs to be completed if your Confirmation sponsor cannot be with you, in person, to attend sessions and meetings.