Choosing a Confirmation Sponsor

Part of preparation for Confirmation is selecting a sponsor. **Your sponsor should be a practicing Catholic.** Think of people you know who fully live out their Catholic faith, who will model the roles of priest, prophet, and king and inspire you with ways to practice these roles too. Don’t forget to consider your baptismal godparents! Because of the connection between Baptism and Confirmation, a godparent often makes a good Confirmation sponsor. Consider discussing your choice with your catechist and your parents. They can help you decide who to ask. 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.

Since your sponsor will support you in your preparation for the Sacrament of Confirmation, choosing your sponsor is an important choice. Select someone whose Catholic faith you admire, who is willing and able to become personally involved in your preparation, and who will model a strong Catholic life for you. Baptism and Confirmation are closely connected, so it is good to consider asking a baptismal godparent to act as Confirmation sponsor.

The Church requires that a Confirmation sponsor be at least 16 years of age, be fully initiated (someone who has received the Sacraments of Christian Initiation – Baptism, First Communion, Confirmation), and be a practicing Catholic.

Ideally, Confirmation sponsors act as mentors, inviting young people to greater participation in the life of the community.

Parents may not be sponsors.

***In making their choices, the candidate will want to consider these questions:***

1. Who do you respect and trust?

2. Who do you think could help you as you prepare for Confirmation?

* 3. Who do you think could help you as you continue to grow as a Catholic
* after your Confirmation?

Once they have selected sponsors, urge them to stay in close touch with their sponsors during their preparation for Confirmation.

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