

How to Choose a Sponsor for Confirmation

One of the biggest tasks in preparing for the sacrament of confirmation is to pick someone to guide you along on the journey. A sponsor at confirmation is someone who stand up for you before the community, present you to the bishop, and witnesses the anointing with the chrism. The sponsor's influence in your life continues after the celebration. The sponsor should serve as someone you can turn to for help and guidance as you continue the journey of faith in the years ahead. Take care in your selection, for you really want to make sure you pick someone who is able and willing to fulfill the task.

The role of a sponsor will be your partner and guide through the personal formation part of your preparation for the Sacrament. You will meet with them on a regular basis to discuss various topics related to your faith and participate in activities that help guide you through the Catholic faith.

In making the selection for a sponsor, keep the following in mind:

- It is desirable that the sponsor for Confirmation be the baptismal sponsor, but not necessary
- Sponsors must be a practicing Catholic, who practices the faith and attends Mass regularly
- Sponsor may not be a parent or legal guardian of the candidate – they may be a relative
- Sponsor's must be at least 16 years of age
- Sponsor's must have been baptized and received the Sacrament of Confirmation in the Catholic Church

When choosing your sponsor consider this:

- Who in your family or circle of family friends inspires your faith? How do they inspire you?
- Do they model the Catholic faith?
- Are they a committed follower of Christ?
- Do they regularly receive the sacraments – reconciliation/penance, eucharist
- Do they strive to grow in knowledge of Christ and the Church?
- Are they actively involved in the parish to which they belong?

Also consider the following:

- Who can you comfortably speak with concerning faith and questions that may arise on your journey?
- Who is able to give of their time to be your sponsor?
- Who will make it a priority to be present with me; physically and/or "in spirit" on Confirmation day?
- Who would be willing to keep you on track and prepared to receive the sacrament?
- Who can you trust to support you in your daily endeavors and help make critical life decisions?

Some final thoughts... pick someone who will inspire you to continue to learn:

- How to best communicate with God
- To be a witness of our Catholic faith to others.
- More about your parish and how to better participate in parish life?
- How to overcome doubts, fear, and temptation through their relationship with God?

After carefully choosing a sponsor, fill out the Sponsor Information Form. We will contact the sponsor's parish to receive validation of their active membership.