



Choosing a Confirmation Sponsor

Live It!

Choosing a Confirmation sponsor is important and the Church spells out some basic requirements.

A sponsor needs to be:

- **Be designated by the one to be confirmed and by the parents,...and is to have the qualifications and intention of performing this role.**
- **Have completed their 16th year.**
- **Be a baptized Catholic who has been confirmed and has already received the sacrament of the Most Holy Eucharist.**
- **Attends Sunday Mass weekly leading a life in harmony with the faith and the role to be undertaken, (if married, the marriage needs to be within the Catholic faith).**
- **Not be bound by any canonical penalty legitimately imposed or declared.**
- **Not be the father or mother of the person to be confirmed.**

When a baptismal godparent also serves as the Confirmation sponsor, it clearly shows the connection between Baptism and Confirmation and strengthens an existing relationship.

But these are just minimal requirements. The word *sponsor* comes from the same root as *responsible*, and a **well-chosen sponsor can help you grow in your faith.**

Don't pick a sponsor because he's a lot of fun or she hasn't had a turn yet.

Pick a sponsor who is actively practicing his or her faith, and who will assist you as you continue to prepare for Confirmation, present you to the bishop for anointing, and support you in the years ahead as you discover how the gifts of the Holy Spirit are unfolding in your life.

Your sponsor will be a Catholic role model and a faith companion as you continue to prepare for Confirmation. These questions can help you choose a sponsor who will help you as you grow in holiness.

List a person or a few people you might choose to be a Confirmation Sponsor.

What do I admire about each person I listed above?

Why would each of these people be a good sponsor?

With which people listed would I feel comfortable discussing my faith journey?

If you can, spend some time talking to the person(s) you are considering. You may want to ask questions like these:

- *Do you remember your Confirmation and preparation for the sacrament? What was it like?*
- *Do you find God in your life? How? Where?*
- *Who is Jesus for you?*
- *Why are you Catholic?*

After you have completed these questions, pray, reflect, discuss your considerations with your parents or guardians, then make your choice. God will bless you as you search for a sponsor.

