

Suggestions for Sponsors

To serve as a sponsor is an awesome responsibility. You have been chosen as a role model of faith and will be looked up to by that young person to guide and advise them. The following are some suggestions for things you can do to help you with the responsibility that comes with being a Confirmation sponsor:

- Choose a movie, video, song or book to use as a discussion starter. If you live close enough, make going to the movie an opportunity to discuss it afterwards. If you live in another location, make arrangements to view the movie the same weekend, then write, email, or phone your young person and get his/her opinion. (Apply the same idea to a video, book or song you wish to share.) It does not need to be religious in nature. Use these Questions as conversation starters:
 - Is God present? If so, how? If not, why not?
 - Does it (the song, film, video, or book) bring you closer in your relationship with God? Why or why not?
 - What did you read, see, or hear that you would or would not want to incorporate into your own life?
- Identify key issues/topics especially those related to faith that your young person wants to explore. Listen to his/her concerns and doubts. Be nonjudgmental. Then share how you worked through the same or similar issues. (Again, if you live at a distance, use email, letters, or phone conversations to cover the topic.)
- Talk about your own Confirmation. What do you remember most? How have you changed in the time since your Confirmation? How have life events strengthened your faith?
- Your young person has been given a Bible. If you are familiar with your Bible, pick a favorite passage and tell them why it is meaningful to you. Ask them to find a psalm they like or a passage from the New Testament and tell you what it means to them.
- Explain your definition of the Holy Spirit. It is a difficult concept; everyone has a different way of understanding it. The more ways they hear, the better they will be able to find a meaning that connects to them.
- In Confirmation preparation, candidates are encouraged to choose either their Baptismal name or to pick the name of a Saint and research his/her life. Tell your young person about your own name and what it means to you and ask about the name he/she will choose.
- Pray with and for your young person. Tell him/her a time of day that you will commit to pray for them each day. Write your own prayer for them including your wishes and dreams for them. Talk about the importance of prayer in your life. How important is daily prayer in your life?
- Discuss how and why you are involved in your parish. Are you a lector, Eucharistic Minister, server, member of a Bible study or St. Vincent de Paul Society, etc? What gifts do you think your young person could contribute to his/her parish?
- Discuss some current events in the news. How does your Christian faith help you to understand these events? How do you as a Christian feel you can react or act in the face of these events?

Advice for Faith Sharing:

- ❖ Be honest. Don't be afraid to open up and be vulnerable to their questions.
- ❖ Do not be judgmental. Some things are said for effect. Do not get angry or react negatively.
- ❖ Don't wait until the month before Confirmation to get involved. Start now. Choose one of the things you are most comfortable with and jump in!