

Why Do Catholics Choose Confirmation Sponsors?

We are not meant to walk our journey of faith and life alone! You have support from your parents, friends, siblings, and Church, but a Confirmation Sponsor is a particular kind of special support for your faith journey at this time of your life.

He or she is a role model in faith and life you look up to, someone you're comfortable talking to openly and honestly, and someone who will be part of your life during and after your Confirmation journey. Your sponsor should be someone who, through his/her example, shows you what it means to be Catholic and who will take an active role in your preparation for Confirmation.

Who is eligible to be a Confirmation Sponsor? He or she...

- is at least sixteen years old
- is fully initiated in the Catholic Church through the three sacraments of Baptism, Confirmation and the Eucharist and be in good standing with the Church
- displays a visible commitment to living out the Catholic faith and have the ability and intention to carry out his/her responsibility as a spiritual guide and role model in your life.

Other important things:

- A sponsor CANNOT be a parent of the one to be confirmed.
- Because the Sacraments of Baptism and Confirmation are so closely connected, **it's ideal if one of your Godparents from your baptism is also your sponsor.**
- IDEALLY – your sponsor should attend the 6 in person sessions with you. A parent can sub in if needed.

Now what?

- Talk to your parents and brainstorm people who might be a good sponsor.
- Pray about it. Ask God to show you who he is leading you to choose.
- Have a conversation with them, asking if they're willing. Please make sure they know the dates for our sessions listed on the calendar.