

Choosing Your Confirmation Sponsor

Why Choose a Sponsor?

It's not always easy to live a life of faith. This is why God surrounds us with friends, family and role models to help us boldly live our Catholic faith. By asking someone to be your confirmation sponsor, you are asking them to guide you, pray for you, mentor you and hold you accountable in the faith.

How Do I Choose a Sponsor?

The first thing you should do when discerning your Confirmation sponsor is pray for the Holy Spirit's guidance to help you choose the best sponsor for you. Try to come up with a few people in your life that you think would guide you in your Catholic faith and discern among them. Here are a few guidelines to help you find the best sponsor for you.

- Your parents are already your primary leaders in the faith so they don't qualify to be your sponsor.
- Your sponsor must be at least 16 years of age and have received the sacraments of baptism, holy communion and confirmation.
- Your sponsor must be a practicing Catholic who attends Sunday mass, receives the sacraments regularly and knows the fundamental truths of the faith. They need to be in good standing with the Church.

When you've discerned a sponsor, it's time to ask them. If you are able, ask them to meet with you. When you ask them, tell them about your hopes to be confirmed and how you understand the role of a sponsor. This will help your sponsor to understand their role in guiding you, leading you, praying for you and discipling you. Your parish also likely has information that they need from your sponsor and information for you to communicate with your sponsor.

I Chose My Sponsor...Now What?

Start meeting with your sponsor regularly (perhaps once a week) about your preparations for Confirmation. This includes talking about your prayer life, things you're learning and questions you might have. Pray together and take this opportunity to strengthen your relationship with your sponsor.