

## **Choosing A Confirmation Sponsor:**

A Confirmation sponsor is a special person who, by their example, demonstrates how to live our Catholic faith every day. They live a life that reflects the teaching of Jesus Christ. Many choose one of their baptismal godparents, to express the increase and deepening of Baptism. In the Baptism of infants, godparents represent both the expanded spiritual family of the one to be baptized and the role of the Church as mother. As occasion offers, godparents help the parents so that children will come to profess the Faith and live up to it (cf. RCIA, General Introduction 8). Sponsors fulfill similar responsibilities, especially with the confirming of minor children.

Choose someone with whom you and your child can have meaningful discussions. Choose a person who will not only listen as you share this faith journey with them, but will also speak about how they live out their own Catholic faith.

The sponsor should be a significant person in your child's life. Someone you trust, whose faith you admire and who will be there to assist you, as you continue to educate your child in the faith. The purpose of the sponsor relationship is to help you bring your child into a deeper relationship with Jesus. Being a sponsor is not just an honor. The sponsor must be an active, practicing Catholic who can be a role model for your child.

## **WHO CAN BE A SPONSOR:** (In accord with Canon Law 874)

1. A sponsor cannot be a parent of the child to be baptized.
2. A Sponsor must be at least 16 years old.
3. A Sponsor must be fully initiated in the Catholic Church: one who has received the sacraments of Baptism, Eucharist and Confirmation.
4. A Sponsor must be in good standing with the Catholic Church:
  - If married, must be married in the Catholic Church and living in accord with Church teaching.
  - If single, must be living according to Church teaching.
  - Catholics who were married by a Justice of the Peace, at another Christian church without special permission, and those cohabiting do not meet the requirements of this role.
5. A Sponsor must be a practicing Catholic: attend Mass on Sundays and Holy Days of Obligation, and regularly receive the sacraments of Holy Communion and Reconciliation.

## **A PRAYER TO HELP CHOOSE A SPONSOR**



**Holy Spirit, helper and guide,  
give me wisdom as I choose my Confirmation sponsor,**

**Help me to choose a person of prayer,  
who will teach me also to be a person of prayer  
who will support me in difficult times  
who will guide me to make good choices,  
and who will challenge me when I do not**

**Help me to choose someone who will love me and teach me to love Jesus.**

**Thank you for giving me a community of people around me to support and  
guide me, as I take this important step in becoming more fully a member of  
your Church. Amen.**