

Guidelines for Selecting Your *Confirmation Sponsor*

1. **What is a confirmation sponsor?**

A sponsor is someone selected by the candidate who accompanies them in the months before receiving the sacrament of confirmation. The sponsor also presents the candidate to the minister during the Rite of Confirmation. After confirmation, the sponsor regularly prays for and assists the candidate as they journey and grow in the Christian life.

2. **What should I keep in mind while picking a sponsor?**

A sponsor is sometimes called a godparent. It is desirable to choose one of your baptismal godparents to be your sponsor, but you may choose someone else. It is their responsibility to show you how to follow Jesus and live the Gospel by their own witness of Christian living. This is why the sponsor should be someone practicing their faith by attending Sunday Mass weekly and receiving the sacraments (Eucharist and confession). Your sponsor should encourage and help you to go deeper into the beauty of the Catholic faith. Finally, a sponsor should be someone you can count on to pray for you regularly.

3. **Who is probably not a good candidate to be a sponsor?**

If you're unsure if someone would be a good sponsor, ask yourself: Does this person have what it takes to help me fall deeper in love with Jesus and His Church? After my confirmation, would they be able to clarify any doubts that I might have about the Christian faith as I aspire to live a committed Catholic life? Would they pray for me regularly?

4. **What if I can't find someone to be my sponsor?**

While it is best if your sponsor is a baptismal godparent or someone who is already a part of your life, you may choose someone else. Most importantly, they should be chosen by you because of their good example of living the Christian life, their good qualities, and the friendship you share with them. If you do not have a godparent, family member or close friend to be your sponsor, consider widening your search to include parishioners or other adults you look up to as good Christian witnesses whom you could learn from and count on to pray for you regularly.

Apart from the guidelines listed above, the Catholic Church lists out the following requirements to be a sponsor:

- o They should be at least 16 years of age, and they should have received the sacraments of Baptism, Confirmation, and Eucharist.
- o They should be someone other than the candidate's parent.
- o They should be a practicing Catholic in good standing with the Church.