



Good Shepherd Catholic Church
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Choosing a Sponsor for Confirmation

A Guide for Parents and Teens

Why the Church Asks for Sponsors

The Church invites those preparing for Confirmation to choose a sponsor (godparent) not as an honor, but as a spiritual responsibility. A sponsor assists the baptized to live the Christian life faithfully and to fulfill the obligations connected with the sacrament.

This role is meant to be lived over time—through prayer, example, encouragement, and presence.

For High School Students Choosing a Confirmation Sponsor

Confirmation strengthens the grace of Baptism and sends the young person forth as a disciple. A sponsor serves as a mentor and companion in faith.

What to Look For

- An adult Catholic who freely practices the faith and takes it seriously
- Someone who can talk honestly about faith, prayer, and real-life challenges
- A good listener who welcomes questions without judgment
- A person who models Christian discipleship in daily life
- Someone you would feel comfortable turning to even after Confirmation

A Helpful Question for Teens

Is this someone I would trust to help me grow in my faith after Confirmation?

Canonical Requirements (Summary)

To serve as a sponsor, a person must: – Be a Catholic who has received Baptism, Confirmation, and Eucharist – Be at least 16 years old – If married, are in a valid Catholic marriage – If single, not cohabitating Live a life in harmony with the Catholic faith and the role of sponsor - Not be the mother or father of the one receiving the sacrament.

Final Pastoral Reflection

Sponsors are chosen not because they are perfect, but because they are faithful. The Church hopes that this relationship will become one of prayer, example, and spiritual friendship that lasts well beyond the day of the sacrament.

Choosing wisely is an act of love—for the child, the candidate, and the Church.