

WHO CAN BE A CONFIRMATION SPONSOR?

WHAT IS A SPONSOR?



A sponsor is a person who encourages and assists a candidate to embrace and actively practice the Catholic faith both before and after Confirmation. The sponsor also presents the candidate to the Bishop (or his delegate) at the celebration of Confirmation.

WHO CAN BE A SPONSOR?

Being a sponsor for confirmation involves significant responsibilities. The sponsor is expected to provide spiritual guidance, support, and encouragement to the candidate. The sponsor must be an active, practicing Catholic who can be a role model for the candidate. Ideally, you should choose one of your godparents from Baptism, provided he or she meets the above guidelines. If it is not possible to choose a godparent as your sponsor (e.g. they are deceased, live too far away, or are no longer a practicing Catholic), then you might ask someone else whom you see as an example of a committed, practicing Catholic. This could be a grandparent, aunt or uncle, other relative, family friend, parent of one of your friends, a teacher.

The requirements of the Catholic Church say that a sponsor:

- **Be at least 16 years old:** The Church typically requires sponsors to be at least 16 years old. This age requirement ensures that the sponsor has the maturity and life experience necessary to fulfill their role effectively.
- **Being a confirmed Catholic:** The primary requirement for a sponsor is to have received the sacrament of confirmation themselves. By being confirmed, the sponsor demonstrates their commitment to the Catholic faith and their ability to guide the candidate through the process.
- **Lead a practicing Catholic life:** Sponsors should be practicing Catholics who actively participate in the life of the Church. They should regularly attend Mass, receive the sacraments, and strive to live out their faith in their daily lives.
- **May NOT be the parent of the candidate**
- **May be either a man or a woman** (Sponsors do not have to be the same gender as the candidate.)

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

