



SACRED HEART of JESUS CATHOLIC PARISH AND SCHOOL

Choosing a Confirmation Sponsor

The role of the Confirmation Sponsor is “to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament.” (Can. 892) Some things to consider while discerning a sponsor:

What is a Confirmation Sponsor? A Confirmation Sponsor has three primary roles:

1. To assist and support the candidate throughout the Confirmation preparation process.
2. To present the candidate for Confirmation.
3. To help, along with the parents, the confirmed person to live out their commitment to follow Jesus faithfully.

What qualifications must a Confirmation Sponsor have?

1. A sponsor should be someone with whom the candidate can talk freely and preferably is able to meet with regularly.
2. He/she must be at least 16 years of age and not one of the candidate’s parents.
3. This person must be a confirmed Catholic who is practicing the faith.
4. They should be attending and participating in Mass weekly on Sundays & Holy Days.
5. If a sponsor is married, they must have a valid marriage blessed by the Church.
6. If a sponsor has children, they must be raising their children in the Catholic faith.
7. This person should live out their faith in the workplace, at home and in their civic life.
8. They support their parish with their time, talents and treasure.
9. To deepen the connection with Baptism it is recommended, but not required, that a godparent serve as the sponsor.

How can my sponsor help me? Your sponsor can:

1. Hold you in prayer, during Confirmation preparation and beyond.
2. Share stories from his/her own Confirmation experience or faith journey.
3. Encourage you and be a source of faith, hope and love in your life.
4. Be available to discuss any questions and concerns you have about Confirmation or anything else.
5. Be a role model for you, setting an example of how to live a holy life.

“Let us all remember this: one cannot proclaim the Gospel of Jesus without the tangible witness of one’s life. Those who listen to us and observe us must be able to see in our actions what they hear from our lips and so give glory to God! I am thinking now of some advice that Saint Francis of Assisi gave his brothers: **preach the Gospel and, if necessary, use words.** Preaching with your life, with your witness.”

– Pope Francis, *emphasis added*