



SACRED HEART of JESUS CATHOLIC PARISH AND SCHOOL

The Role of the Confirmation Sponsor

Congratulations! It is both an honor and a privilege to be chosen as a Confirmation Sponsor. Your faith and how you live it has been noticed by the young person who has chosen you. The role of sponsor is a calling, a responsibility to guide and support your candidate not only as they prepare for the Sacrament of Confirmation, but for the rest of their life.

The role of the Confirmation sponsor has many facets. You are called to:

- Be a true witness to the Christian life, a living example of what life looks like for a Confirmed Catholic.
- Pray for and with your candidate. It can be difficult to know goodness and truth in our world, even more so for young people. Your prayers can be a powerful source of strength for your candidate as they navigate through the rough waters.
- Accept your candidate with an open heart and mind. Be a friend and confidante. Let him or her know that they can come to you with anything that is troubling them. Be prepared to give sound advice and answer tough questions gently. Celebrate their joys, big or small.
- Commit to being available and dependable throughout Confirmation preparation and beyond.

Suggestions for strengthening the relationship with your candidate:

- Go to Adoration together
- Share your own memories and experiences from Confirmation; which saint did you choose and why? How old were you? Did the bishop ask you any questions during the Confirmation Mass?
- Tell your candidate what Jesus has done for your life. *The faith is most effectively spread by witnesses. Sharing the good things God is doing in your personal life will encourage your candidate to do the same.*
- Pray a rosary together (over the phone or Facetime if you can't be in the same place)
- Go out for a meal, more than likely you'll both go home fed in more ways than one.
- Encourage each other to receive the Sacrament of Reconciliation.
- Go to Mass with your candidate.
- Ask each other for prayer intentions and follow up on them.
- Text a weekly Scripture verse for your candidate to reflect upon.

“Train the young in the way they should go; even when old, they will not swerve from it.”

– Proverbs 22:6