Choosing 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 is not just an honour. 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:

. may be either a man or a woman.

(Sponsors do not have to be the same sex

as the candidate.)

. must be a fully initiated Roman Catholic

(Baptized, Confirmed and has made First

Communion.)

. is a person who regularly comes to

Sunday Mass and celebrates the

sacraments.

. must be at least 16 years old.

. may not be the parent of 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