Choosing a Confirmation Sponsor

**What is a Sponsor?**

A sponsor is a person who encourages and assists a Confirmation 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) during Mass when the Sacrament of Confirmation is celebrated.

**Who Can be a Sponsor?**

Being a sponsor is not just an honor. The sponsor must be an active, practicing Catholic who will be a role model for the candidate. Ideally, you could 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 a sponsor according to Canon Law:

* May be either a man or a woman.
* Must be a fully initiated Roman Catholic (Baptized, Confirmed and has received their First Communion.)
* Is a person who regularly comes to Sunday Mass and receives the Holy Eucharist.
* 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,

Please give me wisdom as I choose my Confirmation sponsor.

Help me to choose a person of prayer who will be an example to me to 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 who support and guide me as I take this important step in receiving the Sacrament of Confirmation.

Amen