

## Choosing a Confirmation Sponsor

Choosing your Confirmation Sponsor is an important part of your spiritual journey and also in your spiritual formation. The role of the Confirmation sponsor is to support you in your journey of faith and to stand up with you to say you are ready to receive the Sacrament. Unfortunately, parents are not eligible to be sponsors for candidates.

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### **The Role of a Sponsor:**

- The sponsor represents the support and prayers of the entire Church. He or she will be the candidate's support system through the Confirmation process.  
Sponsors need to:
- Attend the Sponsor Zoom, Confirmation Rehearsal, and Confirmation Ceremony
- Meet with his or her candidate as often as possible for support
- Share his or her faith story with their candidate
- Spend time getting to know their candidate
- Pray for their candidate
- Present the candidate during the Liturgy of Confirmation
- Continue to lend support to their candidate after the Confirmation process is complete
- Encourage the candidate to move forward in his or her faith journey

### **Requirements to be a Sponsor:**

- Must be a practicing Catholic and must model Christian values in their daily life
- Attends Sunday Mass regularly
- Be a person suitable for this role, selected by the teen, and having intention of fulfilling this role
- Be at least 16 years of age
- Be fully initiated into the Roman Catholic Church, having received Baptism, Confirmation, and the Eucharist.
- If married, be married in the Roman Catholic Church
- If you are divorced and remarried, your prior marriage has been annulled by the Church.
- Be neither the mother or father of the person to be Confirmed

**(If any of the above does NOT apply to your Sponsor,  
please choose a new Sponsor)**