



DISCERNMENT HELP

A helpful guide for choosing your Confirmation Sponsor:

What is Discernment?

Discernment is the process of discussing with God and others as you try to make a decision about something that is pertinent to your life.

Requirements to be a sponsor:

- Required by Canon Law: A Baptized, Confirmed, believing & practicing Catholic over the age of 16 who is not the father or mother of the Candidate & who can be present on the night of Confirmation.



How to go about choosing your sponsor:

- Invite the Holy Spirit to help you discern!
- Consult the characteristics of a good sponsor page.
- Make a list of possible role models you know who would be a good choice.
- Bring your list to the adoration chapel or to prayer with you.
- Ask the Lord if he has any ideas, and why.
- Ask someone to be your sponsor with enough time before the deadline so that if your first option is not able to say yes, you have time to find another.

How to go about asking someone to be your sponsor:

- Make time for a phone call or face-to-face time with this person to ask if they would consider being your Confirmation Sponsor. Ask them to pray about this decision.
- Let them know you will be in touch about the upcoming formation and journey together.





-Characteristics of a Good Sponsor-

Someone who evidently loves their Catholic Faith!

Here are some good indicators:

- They have a strong prayer life: you see them at prayer, they make time for prayer.
- They love the Sacraments
- They love confession and receiving the Eucharist beyond Sundays.
- They talk about their Faith
- They love to share stories and witness their Faith.
- They love to serve others
- They put to heart the needs of others.
- They love taking time to adore God in Adoration.
- They are active in their parish.
- They take time for works of mercy
- Helping the poor and needy.

Possible people to consider to be your sponsor:

- Your godparents
- A parishioner whom you know or who inspires you
- A friend's parent
- An uncle or aunt who loves their faith
- A trusted coach

Other factors to consider:

- Would it be easy to discuss and share your questions with them?
- Would they be able to make it to the Confirmation Mass?
- Would they be able to support you in your faith after you are Confirmed?

