



Discerning who should be a sponsor for Confirmation

The role of a sponsor is not simply a ceremonial title or social role. A sponsor should be thought of as the child's spiritual companion on a journey of faith. Because of this, it is important that the sponsor is a practicing Catholic and preferably has a relationship with the child to be confirmed. This relationship should have the potential to be elevated through the faith as the child continues on their mission and journey through life once they have been sealed with the gifts of the Holy Spirit. They will have the responsibility to pray for the child, support them in their faith, and hopefully spend time with the child!



In the same way a person should not perform heart surgery on someone's child if they were not a heart surgeon, a person should not accept the role of sponsor if that person does not regularly (every solemnity) pray with the community at Mass, practice the Faith and demonstrate a commitment to Christian values.

Confirmation sponsors must meet these prerequisites:

- Must be fully initiated into the Catholic Church through the reception of the sacraments of baptism, confirmation, and eucharist.
- Must be at least 16 years old.
- Cannot be a parent of the child to be confirmed.
- Must be a practicing Catholic by attending Mass every Sunday and Holy Days of Obligation, regularly receiving the sacraments of Holy Communion and Reconciliation, and following the Ten Commandments.
- Must be in good standing with the Catholic Church regarding the 6th commandment, "Thou shalt not commit adultery". This means if they are married they need to be married in the Catholic Church, and if they are single they must be living a chaste life.

Choosing a Confirmation Saint

Saints are our holy helpers. They are real people that have lived a holy life on earth and are now in heaven as our helpers in prayer. At Confirmation you get to choose a new name of a Saint that you want to take on as your own name. It may be a saint you want to model your life after, someone you admire or feel a deep connection with. Learn about the lives of different saints to see which Saint you like or want to learn more about. Pray to the Holy Spirit to guide you to your Saint, and then ask for the Saint's intercession. Sometimes, your Saint will choose you!



Saint Resources:

- Saint Books
- Podcast: Saint Stories for Kids
- Podcast: Hobo for Christ
- Formed Online Streaming Media
- Holy Heroes: Glory Stories