

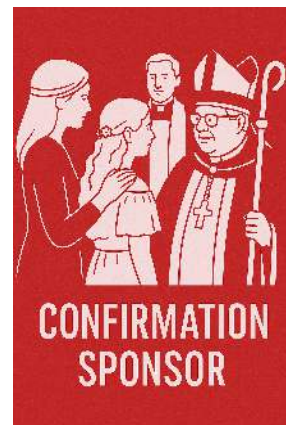


Choosing a Confirmation Sponsor and Saint

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 your 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 you. This relationship should have the potential to be elevated through the faith as you continue on your mission and journey through life once you have been sealed with the gifts of the Holy Spirit. They will have the responsibility to pray for you, and support you in your faith.

In the same way a person should not perform heart surgery on someone 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, spouse, or fiancée of the person 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 holy men and women who lived lives of deep faith and virtue on earth and now share in the joy of heaven, interceding for us in prayer. At Confirmation, you have the opportunity to choose the name of a saint whose example inspires you—someone you admire, relate to, or wish to model your life after. Take time to explore the lives of the saints, learning about their virtues, challenges, and unique paths to holiness. Pray to the Holy Spirit for guidance in your choice, and ask your saint for their intercession. And remember—sometimes, it is the saint who finds you.