

## Choosing Your Confirmation Sponsor

From the time you were welcomed at your Baptism, into this community of believers we call *Church*, you have been surrounded by people who support you and help you grow in your faith and your love of God.

**What is a Sponsor?** You will be blessed during your preparation for Confirmation with the support and by the example of people who live lives of Christian witness and discipleship. The Church asks that you choose one sponsor for Confirmation, **someone other than your mom or dad**. This special person represents the faith community at the *Rite of Confirmation*. This person symbolizes the support of the entire Body of Christ for you in your life as a disciple.

### What will my sponsor do?

- The sponsor you choose will journey with you throughout your Confirmation preparation period.
- He or she will support you and help you grow in your faith life.
- Your sponsor should challenge you and be your guide in helping you discover what it means to be a true witness of Christ.

### Who should you choose as your sponsor?

- When you were baptized, your Godparents were witnesses to your life in the Church. Because Baptism and Confirmation are so closely connected, you could consider choosing one of your Godparents for your Confirmation sponsor.
- Ask yourself, “Who will help me live out my baptismal promises?”
- Consider a person you know who is a role model of the faith, a person who truly lives the *Good News*.
- Your sponsor should be a person you can learn from by his or her example of Christian living. Your sponsor needs to be Catholic, at least 16 years of age, and someone who has received the three sacraments of initiation (Baptism, Eucharist, and Confirmation).

**Who is a person you know who can serve as a spiritual role model? Who will be willing to make the commitment to be with you at this time and *beyond* the celebration of the Sacrament of Confirmation?**

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