



Who can be a Confirmation Sponsor?

What is a sponsor?

A sponsor is a person who encourages and assists a candidate to embrace and actively practice the Catholic faith both before and after Confirmation. The sponsor also presents the candidate to the Bishop (or his delegate) at the celebration of Confirmation.

Who can be a sponsor?

Being a sponsor is not just an honour. The sponsor must be an active, practicing Catholic who can be a role model for the candidate. Ideally, you should choose one of your godparents from Baptism, provided he or she meets the above guidelines. If it is not possible to choose a godparent as your sponsor (e.g. they are deceased, live too far away or are no longer a practicing Catholic), then you might ask someone else whom you see as an example of a committed, practicing Catholic. This could be a grandparent, aunt or uncle, other relative, family friend, parent of one of your friends, a teacher, etc.

The requirements of the Catholic Church say that a sponsor:

- May be either a man or a woman
- Does not have to be the same gender as the candidate
- Must be a fully initiated Roman Catholic (Baptized, Confirmed and has made First Communion)
- Is a person who regularly comes to Sunday Mass and celebrates the sacraments
- Must be at least 16 years old
- May not be the parent of the candidate



A Prayer to Help Choose a Sponsor

Holy Spirit, helper and guide,
give me wisdom as I choose my Confirmation sponsor.

Help me to choose a person of prayer
who will teach me also to be a person of prayer,
who will support me in difficult times,
who will guide me to make good choices
and who will challenge me when I do not.

Help me to choose someone who will love me and teach me to
love Jesus.

Thank you for giving me a community of people around me to
support and guide me as I take this important step in
becoming more fully a member of Your Church.

Amen.