

▶ How to CHOOSE A CONFIRMATION SPONSOR

Who is a Confirmation Sponsor?

- A **spiritual role model** who shows you how to follow Jesus.
- A **mentor** who will walk with you in your faith.
- The persons who **stands beside you** when you are confirmed.
- A **friend in faith for life** – someone to pray with, talk to and look up to.

How do I pick one?

Your Sponsor must:

- Be at least **16 years old**.
- Be **baptized and confirmed** in the Catholic Church.
- Be living as a **faithful Catholic** (e.g., goes to Mass, prays, follows God's commandments).
- Be able to **guide you in your faith** now and after Confirmation.
- Be available to come to the **Confirmation Mass**.

TIP: If possible, consider asking your Godparent. They already promised to help guide you in faith at Baptism, and being your sponsor would connect Baptism and Confirmation beautifully!



Keep in mind!

Your Sponsor CANNOT:

- × Be one of your parents
- × Be a non-Catholic
- × Be someone whose marriage is not recognized by the Catholic Church (if you are unsure, ask your parish priest or sacramental coordinator)

MY NAME _____



My Sponsor's

Profile

Sponsor Name:

Sponsor's Birthday:

Sponsor's Parish:

Relationship to Me:
(e.g., aunt, friend, brother)

Best Qualities:

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How They Live as a Faithful Catholic:

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Why they will be a Great Sponsor:

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