

Confirmation Sponsor Guide

Congratulations on being chosen as a Confirmation Sponsor! You are about to embark on a rewarding journey to share and grow in your own faith. In accepting this important role, you are making the commitment to help your candidate grow in his or her relationship with God and the Church. This is also an excellent opportunity for you to not only share your faith, but also grow in your own faith.

This short guide is designed to help you prepare your candidate for the Sacrament of Confirmation.

1. Pray for your candidate daily.

Make a point to pray for your candidate every day. The following prayer is a great one to add to your daily prayers:

Come Holy Spirit, fill the heart of [Name] and kindle in him/her the fire of Your love.

Oh God, who by the light of the Holy Spirit instructs the hearts of the faithful, grant that by that same Spirit he/she may be made worthy of the promises of Christ.

Amen.

2. Meet at least two times with your candidate.

Your meetings could be over lunch or coffee, after Mass, or after volunteering together. If you or your candidate is at risk for Covid-19 they could be virtual meetings. Be intentional about these meeting times. Pray beforehand, and reflect on your own faith journey, so you are more prepared to share. Make a list of topics you would like to discuss, and questions you would like to ask. Be sure to share your own answers to any questions you may ask but spend as much time listening as you do talking. The following list gives some examples of topics for discussion:

- Why do you want to be confirmed?
- What does it mean for you to be Catholic?
- How do you strengthen and nourish your faith?
- What has been your experience of Mass and Confession?
- What is your prayer life like?
- In what areas of your faith do you want to grow?
- What are the greatest challenges of living out an authentic Christian life?
- What questions do you still have about your faith?

3. Go to Mass with your candidate.

Go to Mass together, and discuss the readings or homily afterwards, or any other questions your candidate may have.

4. Go to Confession with your candidate.

Practicing Catholics are expected to go to Confession at least once a year, but many find it helpful to go every month or so. If it's been a while since you've gone, this is a great opportunity for both you and your candidate! Most parishes will list their confession times online, and you can find a time to go together.

5. Serve with your candidate.

If you are involved in a parish ministry or group, invite your candidate to come with you. Ask your candidate what areas of social justice he or she is most passionate about, and volunteer together for a local service organization that serves that need.