



St. Monica's

CONFIRMATION SPONSOR FORM

What is a Sponsor?

A sponsor is a person who prays with, 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?

Your sponsor should be someone who you feel has something to offer in spiritual guidance and someone whose Catholic lifestyle you admire. The choice should not be an honor bestowed on a dear friend, but someone who is an example of holiness in living out the Catholic faith. This could be a grandparents, godparent, aunt or uncle, family friend, parent of one of your friends, or a teacher.

The requirements of the Catholic Church say that a sponsor:

- May be either a man or a woman (Sponsors do not have to be the same gender as the candidate)
- Must be a fully initiated Roman Catholic (Baptized, Confirmed, and has received First Communion)
- Is a person who regularly comes to Sunday Mass and Holy Days of Obligation, and celebrates the Sacraments
- Must be at least 16 years old
- May not be a parent of the candidate
- If they are married, their marriage must be recognized in the Catholic Church

To help you choose a Confirmation Sponsor, you may want to journal or think about these questions...

- What qualities are you looking for in a sponsor?
- What people in your life have been Christian role models for you?
- Would one of your godparents be a good sponsor?
- Pray to the Holy Spirit about the people you are considering.
- Why is that person important to you and your faith development?

A Prayer to Help You Choose Your 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 to support and guide me
As I take this important step in becoming more fully a member of your Church. Amen.

Your Sponsor

Teen Name: _____

Sponsor Name: _____ Relation to Teen: _____

Sponsor Email: _____

Sponsor Primary Number: _____

Please complete and turn in this form, so that we may have a record of your sponsor.