



## Choosing a Confirmation Sponsor

It is best for parents and teens to talk about whom to pick for a sponsor. It is important to choose a good sponsor to help you follow Jesus Christ as best as you can. Ideally, this is a person who ought to be in close proximity or who you feel you have a close connection to-- so that communication, prayer, and support can continue past the reception of the Sacrament.

### Do I really need a sponsor?

Yes. Everyone needs help living the Christian life. Sponsors, along with parents, have the duty of helping you to follow Jesus Christ. Because it is good for you, the church makes it a requirement for confirmation.

### Who can be a sponsor?

They must be willing and able to help you live your life as a Christian. Here are some good questions to consider: Do they love Jesus with their whole heart? Do they love others? Do you believe you would be able to have meaningful conversations with them about God? Are they exemplary in their practice of the Catholic Faith?

Consider: Who is your godparent from baptism? If your godparent is doing a good job following Jesus and the Church, it is recommended that you have him or her be your confirmation sponsor to continue in the role they began at your baptism. If you had two godparents, you can even ask them both and have two sponsors (only one is required).

### Specifically, the Catholic Church and Pueblo Diocese requires that Sponsors:

- must be at least sixteen years or older and Confirmed
- may not be the natural or adoptive parents of the confirmand
- must be fully initiated into the Catholic Faith (*Baptism, Confirmation, and Eucharist*)
- must be leading a life in harmony with the Catholic Faith
- must be free of any canonical impediment (*i.e. Non-Sacramental Marriage, living in co-habitation, or any other lifestyle choice in opposition to Church teachings*).

From this list, you can see that sometimes a best friend or favorite relative is not the right choice for being a sponsor. Not everyone can be a sponsor.

**SPONSORS:** We will need copies of their Confirmation Certificate, and if married, proof of valid Catholic Marriage, and Letter of Good Standing from the Pastor of their home parish.

### How do I ask someone to be my sponsor?

Just ask. Let them know why you are asking them. Your parish might schedule some sponsor sessions that they will need to attend or have other paperwork to fill out.

Once your sponsor has been approved, invite them to be involved with your preparation. Go to Mass together; pray with and for one another, attend the retreat together, talk about what saint you will choose for your confirmation name, etc.