

# ▶ 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 Sponsor's

# Profile

**Name:** .....

**Birthday:** .....

**Hometown:** .....

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

**Best Qualities:** .....  
.....

**How They Live as a Faithful Catholic:** .....  
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.....

**Why they will be a Great Sponsor:** .....  
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