



ST. JOHN XXIII  
CATHOLIC CHURCH

## The Role of a Confirmation Sponsor and Sponsor Guidelines

Being chosen as a confirmation sponsor is a tremendous honor. This means that you have been a witness of the Catholic faith to this person in special way, and that this person desires to emulate your faith. The role of a sponsor is a truly beautiful, deep, and meaningful role. Like most things in life, however, you are only going to get out of it what you put into it.

Here are the basic guidelines for being a Confirmation sponsor:

- must be at least 16 years of age
- Must have received all sacraments of initiation (baptism, confirmation, 1<sup>st</sup> holy communion)
- If married, the sponsor must have been married in the Church, or had the marriage validated by the Church.
- Must be living the best possible Catholic life – attending weekly mass or more frequently, receiving the Sacrament of Reconciliation at least once a year (more often is preferable), living in accord with the moral teachings of the Church, accepts all doctrinal teachings of the Church

Some other important considerations:

- Ideally, one of the Godparents at Baptism should serve as sponsor, to emphasize the connection between baptism and confirmation.
- Catholics married outside the Church, or who cohabitate outside of the Sacrament of Marriage, are ineligible to be sponsors.
- Non-Catholics and former Catholics are also ineligible.

So, you meet all of the above requirements. Congratulations, you are able to be a Confirmation sponsor! Before you agree, here are some questions you should take to prayer.

- Am I ready to be a *spiritual mentor* to the person I am sponsoring? Am I ready to guide this person in his or her faith?
- Am I prepared to pray regularly for my candidate?
- Am I ready to form a meaningful relationship with my Confirmation candidate? Will I check in with them on a regular basis? Am I willing to get to know them and their life?
- Is my life such that this person could imitate it and not be led astray?
- Am I willing to commit to extra demands made by the confirmation process at St. John XXIII?

Being a confirmation sponsor is truly an honor, and is something to be taken seriously. If you have any concerns about being a sponsor or want to discuss the requirements or learn more, please contact either Jessica Harris at [jessica@john23.com](mailto:jessica@john23.com).