



Congratulations! You've been selected by a young individual for a unique and significant position. A captivating spiritual journey lies ahead for both of you. By agreeing to be a confirmation sponsor, you've taken on a revered responsibility within our Church.

Your role involves guiding the candidate through the preparation for the sacrament. You'll play a crucial part in helping the young person become a genuine witness and disciple of Jesus. Additionally, you'll represent the community when presenting the candidate to the bishop. Your distinctive role extends beyond the confirmation liturgy; you will continue to support the young person in fulfilling their baptismal promises after confirmation, with the guidance of the Holy Spirit.

What is Confirmation?

The Sacrament of Confirmation extends a warm embrace, enhancing our sense of belonging within the faith community. It serves to deepen our connection to God in the trinitarian essence of Father, Son, and Spirit, fortifying us as devoted disciples. This sacrament is a manifestation of God's love, bestowed upon us as a gratuitous and unmerited gift.

Confirmation's essence lies in empowering us for discipleship and enriching our ties to the faith community through the Triune God. God employs tangible symbols to convey intangible love, engaging our senses—sight, hearing, touch, smell, and taste—along with elements from our world. The ceremony includes anointing with oil and the laying on of hands, reminiscent of baptismal waters and the nourishment of the Eucharist.

God extends an invitation, and our response is crucial. Embracing openness communicates a resounding "yes" to God's call for a deeper relationship. This affirmative stance doesn't presume unwavering faith or personal worthiness; rather, it signifies receptiveness to God's strengthening love.

Confirmation becomes a platform for expressing this affirmative response through various prayerful interactions. The community, serving as witnesses and celebrants of the sacrament, embodies a powerful sign of God's vitality and presence in the world. As a church, we are called to be sacraments ourselves—God's hands and healing touch in the world. Simultaneously, the sacraments stand as our most profound prayers.

This community of sacrament celebration transcends global boundaries, extending its reach to other faith communities worldwide. It forms a common bond, both globally and locally, within dioceses, archdioceses, parishes, and families—a united front in faith. In the Confirmation ritual, the community stands witness to our celebration, providing a sponsor who symbolizes the community's love and support for us.



What do Sponsors Do?

In our adult lives, we often find identity in our actions, a common starting point for initial conversations. It's natural to inquire about what someone does as a way to engage in casual dialogue. As a confirmation sponsor, you will indeed have specific tasks—attending rehearsals, purchasing gifts, accompanying the candidate to meet the bishop, and sharing a session dinner. However, the essence of your role transcends mere actions. You are embarking on a profound journey with a young individual, where your actions play a secondary role to who you are as a bearer of the Gospel. This journey is less about your tasks as a sponsor and more about embodying the Gospel in your character. It's a journey that will lead both you and the young person to new and spiritually enriching destinations. The heart of the matter lies in how faith has permeated your being—can the Good News be discerned in the fabric of your life's actions?

Called to Relationship with Youth As a sponsor, you serve as a minister to youth, engaging in the art of building meaningful relationships. These connections allow young individuals to encounter adults who genuinely care about them and are committed to walking alongside them on a lifelong journey of faith. A special young person has invited you into a deeper relationship, with faith at its core. Your unique ability to share your faith becomes more crucial than the confirmation program itself.

Nurturer and Supporter of Faith Growth Your role extends beyond being a mere sponsor; you are a nurturer and supporter of the confirmation candidate's faith growth. The sincerity with which you live out your faith and foster its development is as vital as your shared journey in faith with the young person. You have been chosen to convey that faith is a gift freely bestowed by God, and our collective response to this gift is the shared challenge as members of the Body of Christ. Articulating with genuine interest and enthusiasm the challenges of living as



Catholics in today's world is a precious gift to impart to the youth.

Engagement in the Journey Your active participation in the life of the young individual who has selected you as their sponsor holds great significance. The bond you share possesses the potential to establish a profoundly sacred space—an environment akin to holy ground. Treading upon this holy ground with a young person is truly a blessing!

Tips for Sponsors

Engage in shared activities with the young person, such as watching a movie followed by a snack discussion or inviting them on outings like shopping, movies, hiking. Encourage activities that involve creative expression.

Establish a regular time to connect with the young person, serving as a listener, sharer, and companion on the faith journey. Emphasize that your friendship makes a meaningful impact on your life.

Inspire the young person to maintain a personal journal and exchange reflections from daily life. Discuss current events and societal and church trends.

Initiate conversations about diverse values in the world, affirming the young person's healthy, life-affirming choices. Model positive choices and relationships in your own life.

Share stories, both contemporary and historical, of individuals grappling with issues of personal integrity.

Recommend and even provide spiritual reading, daily reflections connecting faith to life.

Introduce the young person to professionals in various fields as they explore potential vocational paths.

Recount significant moments in your own faith journey to the young person, using open-ended questions to encourage exploration of their faith experience.

Participate in community service with the young person and maintain a photo journal on your phones of your involvement.

Advocate for the inclusion of the young person and their peers in leadership roles within the parish, involving them in program planning.

Explore diverse prayer methods with the young person. Send weekly Scripture notes and discuss the kind of homily they might write for an upcoming Sunday.

Connect with five other adults who will pray for the young person.

Create a prayer board for the young person's bedroom, allowing them to display names of individuals in need of prayer.

Send a special card to commemorate the anniversary of the young person's baptism.

Offer support before exams with a thoughtful phone call or congratulatory note for achievements. Consider performing "random acts of kindness" for the young person.

Provide a listening and empathetic ear to support the young person's parents.

Learn the names of the young person's friends and inquire about them regularly. Invite friends to join you for occasions, host movie nights, and discuss the value of friendships and relationship struggles.

Accompany the young person to ritual experiences in the church or community, such as the community's Good Friday, Stations of the Cross.

Share how your faith and church experiences have impacted your life, including moments of doubt and struggle.

Pray for the young person and communicate your prayers to them. Request the young person's prayers for yourself as well.

How do I share faith?



Central to the role of being a confirmation sponsor is the shared journey of embracing a life centered on the Gospel with young people. While you may not feel fully prepared for this responsibility, it's worth noting that even the first disciples of Jesus faced similar uncertainties. Sharing our faith with one another is not just a task; it becomes a way of life. As Catholics, we carry a distinctive identity into all aspects of our lives, creating an environment infused with symbols of belief, much like the walls of a home.

When the young person you're sponsoring chooses you, inquire about the reasons. You might discover that this adolescent has already been interpreting the Good News through your actions. As a sponsor, you are essentially

embodying the concept of "being church" with the young person. This involves fulfilling the three-fold mission of the church: proclaiming the Good News, offering ourselves as a transformed community of faith, and bringing God's justice and love to others through service.

Here are some straightforward strategies for "being church" with your young person:

Have Faith Conversations: Witness to God's Presence in Your Life

Share impactful stories of how God has moved in and through your life.

Discuss significant religious celebrations, comparing notes on experiences like First Communion.

Affirm the young person's actions that align with the values and actions of Jesus.

Break open the Scriptures and relate Jesus' teachings to contemporary situations.

Explore Prayer and Celebration

Plant symbolic seeds and relate their growth to spiritual development.

Challenge both yourself and the young person to deepen your spiritual lives.

Establish regular prayer patterns and commit to joint efforts, such as morning reflections.

Attend parish events together, like Lenten retreats and other inspirational talks

Explore Justice and Service Opportunities

Engage in meaningful service projects that align with the unique gifts of the young person.

Discuss options for direct service and explore social justice issues together.

Assist the young person in researching and participating in local service organizations and Catholic social ministry programs.

Explore Jesus' teachings on social issues in Scripture and relate them to contemporary challenges.

Building a relationship

Building a Strong Relationship One-on-One Being chosen as a confirmation sponsor is a privilege, and as you embark on this role, questions may arise about what to discuss and, more fundamentally, how to communicate with a young person. Effective communication is the cornerstone of any relationship, and the following guidelines and practical ideas aim to help you foster meaningful and enjoyable conversations.

Commit to Communication:

Your presence and faith story are valuable gifts, and the young person reciprocates by sharing their own self-disclosure.

Establish a regular pattern of contact, whether through weekly phone calls or outings. Demonstrating your care and dedication to your role as a sponsor is crucial. Show that you are willing to be present and share stories of

life and faith, actively listening to the young person's experiences and helping them recognize God's presence in everyday teenage realities.

Communication as Revelation:

The confirmation journey involves mutual sharing. Your openness communicates trust and a willingness to be personally vulnerable.

Share your feelings during regular contact using "I" statements. Express gratitude for the young person's attentive listening, acknowledging the impact of the shared stories.

Actively engage in the young person's story, accepting them as they are, listening without judgment, and prioritizing understanding before offering suggestions. Thank the young person for sharing, recognizing the honor it is to be part of their life's story.

Effective Communication Skills:

Utilize attending, following, and reflecting skills to convey total presence and genuine care for the young person.

Maintain a posture of involvement, combining a relaxed alertness with a sense of acceptance and intent understanding.

Use appropriate body motion that demonstrates empathy and avoids distracting gestures.

Employ eye contact to communicate trust, eagerness to listen, and genuine concern.

Initiate conversation with 'door openers,' such as describing the young person's body language or offering an invitation to talk. Silence can also serve as a door opener.

Interject minimal encouragers throughout the conversation to show your engagement and interest.

Pose open-ended questions starting with "what," "where," "how," and "why" to stimulate meaningful conversation.



