

## Confirmation: Choosing a Sponsor

### ABOUT SPONSORS

Throughout life you have received the support of family members and other caring people. They have fed and clothed you, listened to you, offered guidance, and they have given you assistance and comfort. At Baptism you entered the Church with the support of parents and godparents. Speaking for you, they promised to raise you in the Catholic faith.

At Confirmation, you renew those vows spoken for you at Baptism. The Church considers you old enough to assume this responsibility. But there is still present a special person—your Confirmation sponsor—who will stand with you and present you to the bishop. This person will be a support to you as you prepare to receive the Sacrament of Confirmation.

Because there is a close connection between the Sacraments of Baptism and Confirmation, the Church recommends that your godmother or godfather serve as your Confirmation sponsor. The Church does not allow a parent to be a sponsor of his or her own child. A man may be a sponsor for a girl; a woman may be a sponsor for a boy.

### ABOUT CHOOSING A SPONSOR

When considering a person as a possible sponsor, think about the following.

- A Confirmation sponsor must be a person who lives his or her Catholic faith.
- A Confirmation sponsor must be a person who is an example of Christian living.
- A Confirmation sponsor must be baptized and confirmed in the Catholic Church.
- A Confirmation sponsor must be at least 16 years of age.
- A Confirmation sponsor must be able to understand his or her responsibilities and mature enough to accept them.
- A Confirmation sponsor is ideally your godparent.