

Confirmation Sponsor's Guide for Year 1



Good Shepherd Catholic Church

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Sponsor's Page: <https://gscccg.org/formation/sacrament-prep-teen-confirmation/confirmation-sponsors-page>

A Sponsor's Prayer

God of all ages, You send out your Spirit to touch the hearts of people

so that they may believe in you and in Jesus, whom You sent.

Loving, gracious God, send your Holy Spirit upon me.

Make me an instrument of your love.

Make me more aware of the many ways of Your presence.

Teach me to reverence what is holy in others,

and to be patient with what I do not understand.

Deepen my faith in the gospel, and help me to pass it on by good example.

With those who are hesitant or afraid,

let me be a source of encouragement.

And with those who are weak, let me be a pillar of strength.

I humbly accept the ministry of sponsor and pray that You will continue to

guide and sustain me in this important role.

Bless us on our journey.

Open our ears to always listen;

Our mouths to always speak our feelings, our reflections;

Our hands to reach out to others;

Our hearts to grow closer to you and all in Your family.

Lord, send Your Holy Spirit and renew the face of the earth.

I praise you through Christ our Lord. **Amen**

Welcome: You Have Been Chosen
It is good to feel the responsibility of “your” anointing

You are beginning a wonderful adventure with the Candidate that chose you to walk with them on their Confirmation Journey. By accepting their invitation, you'll be helping them to grow in their relationship with Jesus and the Church.

It will undoubtedly be a time of spiritual renewal and transformation for both of you. It is our hope that when the sacrament is bestowed on your Candidate, that you may say, “I learned so much with my Candidate and renewed my own faith journey that I may even want to make the journey again with another young person.”

It is the intention of this guide & other resources to provide you with enough information to make this Confirmation preparation experience an enjoyable and meaningful time for both of you.

You also have been chosen because you met the Diocesan qualifications for a Confirmation Sponsor detailed on the Sponsor form that you signed. Your Candidate needs you to:

- Accompany your candidate on their Confirmation Preparation journey.
- Meet with your candidate regularly throughout the preparation process and to discuss the topics addressed in the preparation sessions – either in person or virtually.
- Support them as they move through the challenges of being a teen, including experience doubts about their own faith.
- Share your faith story with your candidate.
- Be a Christian example to them in your words and deeds.
- Challenge them to walk by the Christian values they have been taught – in their words and actions.
- Pray for and with your candidate.
- Be willing to share in their Christian service requirements.
- Attend the shared Candidate/Sponsor events at the parish: Candidate/Sponsor Retreat, Confirmation rehearsal and Confirmation Mass. Please consider attending other Parish and Confirmation Preparation related events that your candidate invites you to share with them.
- Continue to be there for your candidate and lend spiritual support long after the Confirmation Mass is over.

Count on our prayers for you and your candidate.
Remember, the Holy Spirit always walks with you.

Being a Sponsor

What is a Sponsor?

- ✚ You have been chosen to participate in one of the most important ministries in our Church.
- ✚ You are the instrument of God, to help form the minds and hearts of these young people.
- ✚ The Candidate should catch from you, “the life and spirit” of the Church.

Reflect for a moment on your own Confirmation.

- ✚ When did you receive the Sacrament of Confirmation? Age? Grade?
- ✚ What was your experience like? Preparation? Reception of the Sacrament?
- ✚ What was your relationship with your Sponsor like?
- ✚ Do you still have a relationship with your Sponsor?

What are the responsibilities of a Sponsor?

Sponsors do not have to have a degree in theology. What a sponsor needs, is their life experiences of knowing and living the Catholic lifestyle. In this role you must also know the candidate and be willing to serve as a strong and life-long Christian influence throughout their life. You will serve as a companion, model, guide, and a witness to your candidate.

Companion—as a companion you will need to be available for them whenever or wherever they need you. Have a willingness to support, comfort and understand them in their own personal journey. Faith sharing is a mutual exchange. Your role is to accompany the candidate and to share faith together.

You will be someone they can have an important relationship with, who will be attentive to them as a person. They should be comfortable to freely share their faith, their relationship with God, and their life in the Church. Be there for them to share their questions, doubts and worries in confidence.

Model—give examples of your own faith life. How have you deepened your personal faith relationship with God? Through sharing your faith, you will hopefully inspire them to dig deeper in practicing their own faith through church, family, community, moral development and in service. Be an inspiration to the candidate.

Ask yourself these questions:

- ✚ What meaning does the Holy Spirit have for me in my life today?
- ✚ How am I called to holiness and to personal renewal with the Holy Spirit?
- ✚ How might I prepare myself to be a good and helpful Sponsor?
- ✚ How have I lived up to my baptismal promises?
- ✚ How have I called upon the Holy Spirit in my life and used the gifts that I have been given?

Guide—regularly communicate with your candidate. Fill them with a sense of strength about your faith. Share with them your own personal direction. As the relationship develops, being able to talk about faith and other aspects of life will make a difference for the Candidate. Be determined to continue to support them to discover more about our faith as Church.

Witness—this is, by far, the most challenging obligation of sponsorship. Spend time with the candidate, outside of scheduled class sessions. Help them to walk their Spiritual Journey. Be a witness to their spiritual progress. You have a responsibility to help the candidate and parents to discern motives and progress of their spiritual journey and their readiness for the reception of the Sacrament of confirmation.

Share your own experiences of God, insights, faith prayer, questions, and peace. Ask questions and be attentive to the parts of their life that they share with you.

Affirm them. Affirm them. Affirm them.



What are the traits of a good Sponsor?

To fulfill this role a Sponsor should be a praying person, a good listener and be respectful—of your Candidate and your role in their life.

Praying person—you are the instrument that God uses to touch that young person. This experience should touch your lives, as well as, deepen your faith. This models for the Candidate, how ongoing formation and conversion is really a part of our Catholic life. Your healthy prayer life, if shared, will be “caught” by the Candidate. Besides the spiritual benefits, young people are encouraged by knowing that their sponsor is praying for them. Growth in prayer is often helped by looking into sources of prayer that we may have neglected in the past. For example:

-  Scripture is a great springboard for prayer
-  Prayer doesn't need a lot of words – spend the time “listening” for God
-  Find the time for private prayer, as well as, participating in group prayer
-  Our weekly liturgy should be a constant source of spiritual nourishment and direction
-  Let your prayer life “influence” the Candidate

Listener—listening is not just the absence of talk. Be in the “presence” of the speaker. Allow God to intervene in our responses.

Respectful—have reverence for what we hear. Allow God to help us to try and understand the Candidate's point of view. When you need to discuss differences or challenge the Candidate, this is more easily done if respect and trust has already been established. Trust your intuition about what will work well with your Candidate, particularly as you get to know each other. If you are already close to your candidate, this is an opportunity to add another layer to an already good relationship. Most importantly, relax and enjoy the time together. Do what you can and let God do what you can't!

**The value of life does not depend upon the place we occupy.
It depends upon the way we occupy that place.
~ St. Therese de Lisieux**

To-Do's for Year 1

1. Complete both **Faith Discussion, Review/Reflection & Action assignments** in Year 1 (due dates below).
2. Read through the **How to Be a Confirmation Sponsor** Handout packet.

On page 5:

- 1 Make this *at least* a monthly habit of “checking in” with your Candidate while he/she is preparing for the Sacrament of Confirmation.
- 2 Schedule quality one-on-one time with your Candidate. In addition to building a deeper personal connection with your Candidate, explore the questions provided to build a deeper spiritual relationship as well.
- 3 Please consider scheduling a time when you and your Candidate can perform an act of service/community outreach together.
- 4 Customize this as it fits your schedule. Maybe it's a prayer that you take with you each Sunday as a Mass intention.
- 5 This would be a great thing to do on your monthly “check ins” with your Candidate or on a lunch or dinner date.

Suggestion: *Take notes of when and how you and your Candidate spend time over these next few months of Year 1 preparation getting to know each other better and how you both are spiritually growing stronger together. A journal of your time, reflections, and prayers while helping your Candidate prepare for the Sacrament of Confirmation would be a beautiful thing...for you both.*

IMPORTANT UPCOMING DATES:

- **December 11, 2025:** Your Year 1 **Faith Discussion, Review/Reflection & Action #1** assignment to be completed WITH your Candidate is due by this date.
- **March 26, 2026:** Your Year 1 **Faith Discussion, Review/Reflection & Action #2** assignment to be completed WITH your Candidate is due by this date. Assignment #2 will be posted in the Candidate's Google Classroom and available on the Sponsor's page of the parish website starting on December 12, 2025.
- **In Year 2:** 2 new **Faith Discussion, Review/Reflection & Action** assignments will be shared with you to work on throughout your Candidate's second year of preparation Details will be released in the Fall.
- **Spring/Early Summer 2027:** Confirmation Mass (with rehearsal). Date is TBD.

IMPORTANT: Please make sure that if any contact information changes for you (cell phone/email) that you please contact Mrs. Pott with an update.

Prayer to the Holy Spirit

Come Holy Spirit,
fill the hearts of your faithful
and kindle in them the
fire of your love.
Send forth your Spirit and
they shall be created,
and You shall renew the face of the earth.
O, God, who by the light of the Holy Spirit,
did instruct the hearts of the faithful,
grant that by the same Spirit
we may be truly wise and
ever rejoice in His consolation.
Through Christ Our Lord. **Amen**