

Confirmation Sponsor Guide for Year 2



2025-2026

Good Shepherd Catholic Church

9539 Racquet Court

Elk Grove, CA 95758

Elizabeth Pott, Confirmation Coordinator

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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**

Along the Journey...

A few key dates to have on your calendar are:

- ✦ Blessing Mass: **September 5, 2025, 7:00 PM** Mass at Good Shepherd Catholic Church. The congregation extends their blessings to you and your Candidate as together you begin the final part of your Confirmand's journey.
- ✦ Faith Discussion, Review/Reflection & Action assignments are to be done together. Preferably you will do these in-person. If you don't live close to each other, completing these via video conferencing (FaceTime, Zoom, etc.) is acceptable.
 - ✦ Faith Discussion, Review/Reflection & Action # 1 **Due by October 31, 2025**
 - ✦ Faith Discussion, Review/Reflection & Action # 2 **Due by January 31, 2026**
 - ✦ Faith Discussion, Review/Reflection & Action # 3 **Due by April 30, 2026**
- ✦ Sponsor's Letter of Recommendation: **Due on March 31, 2026**
- ✦ Confirmation Mass Rehearsal & Prayer Reflection: TBD (these dates will be determined based on the Confirmation Mass date we are assigned by the Bishop's Office).
- ✦ Confirmation Mass at Good Shepherd Catholic Church: TBD (we usually receive the schedule from the Bishop's Office by late October/early November and will share that with the Candidate's Family and you once we have the information).

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

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


Faith Discussion, Review/Reflection & Action Assignments (online on the parish website)

Discussion: Each assignment will have questions for the Candidate & Sponsor to discuss and share with each other and then answer on the provided Google Form links (one link for Candidates & one link for Sponsors).


Review/**R**election: Each assignment will have areas for you to review your Candidate's progress on their preparation requirements and personal reflection and goal setting for your prayer life/Mass participation.

Action: Each assignment will have 2 action sections to complete: **Do Something & Learn Something**. We would always prefer that you do these activities in person but don't worry, if you don't live close to your Candidate, we've accounted for that in the instructions and provided you with an alternate method to do the activities in separate locations.


Do Something: for each assignment you will select *at least* one of the activities below to do together. Please do each of the options below *at least* once this year. Please don't do the same option all 3 times.

 Do something fun together.
Nothing makes a relationship stronger than doing something fun together so that you can laugh and just be yourselves. This can be absolutely any fun activity that you and your Candidate want to do.

or

 Go to Catholic Mass together.
This can either be done together in-person or if you live in different areas and can't meet in person, pick the same day to go to Mass so that you can discuss the same Gospel and your respective homilies together afterward.

or

 Serve together (volunteer service).
This can either be done together in-person or if you live in different areas and can't physically get together, pick the same organization or similar service activity to do separately (on the same day or week) and discuss your experiences together afterward.

Learn Something: for each assignment you will select *at least* one of the activities in this section to do together.

Sponsor's Letter of Recommendation

AS you and your Candidate are completing your final Faith Discussion, Review/Reflection & Action assignment and you have observed a desire and preparedness in your Candidate to receive the Sacrament of Confirmation, please write a letter of recommendation to Elizabeth Pott (Confirmation Coordinator) regarding your Candidate.

Your letter will be **due by email** (confirmationcoordinator@gscceg.org) **on March 31, 2026** to Elizabeth Pott. These letters will be shared with the Core Team Member conducting your Candidate's Exit Interview and Father Michael, Pastor of Good Shepherd Parish.

I will accept these letters any time during the month of March, but please not before.

The subject line on your email needs to include:

- ✚ Letter of Recommendation for (Your Candidate's **full** name).

The letter should include:

- ✚ A brief statement affirming your Candidate's readiness to receive the Sacrament of Confirmation.
- ✚ A brief summation (or highlights) of you and your Candidate's discussions and activities during their preparations. Did these help your Candidate foster a stronger relationship with Christ and develop a deeper understanding of the Gospel message?
- ✚ Has your Candidate made their desire known to you that they wish to be confirmed/not confirmed? Are they conflicted or do they not want to be confirmed (this is especially important for us to know.)
- ✚ Are they committed to continuing the faithful practice and study of their religion after they are confirmed? What specifically have they shared with you where they feel a call to greater participation in the Church and/or religious studies?
- ✚ Jesus came "not to be served, but to serve." (Matthew 20:28). Do they understand that the Church is a servant community and all those accepting full membership in the Church are also accepting the responsibility to serve? Give your observation of their volunteer/service ministry.
- ✚ In closing, share your observations on your candidate's spiritual growth, etc.
- ✚ If you need to send the letter via USPS, please mail your Letter of Recommendation to:

Good Shepherd Catholic Church

ATTN: Elizabeth Pott

9539 Racquet Court

Elk Grove, CA 95758

Beyond Confirmation

What a Sponsor can do after the celebration of Confirmation can (and should) last for years to come.

- ✚ Maintain contact for the rest of your lives.
- ✚ Celebrate life events together.
- ✚ Remember the Candidates Confirmation anniversary with a special meal, a small gift, or a note telling them how you have seen them grow, especially in their faith.
- ✚ Invite them to accompany you to Mass or various prayer services—Stations of the Cross, perpetual adoration, Holy Week service, etc.
- ✚ Remember things they told you that are important to them. Events coming up, friends, fears, etc. Remember and ask about them.
- ✚ Pass on interesting articles, inspirational writing or prayers, and email them.
- ✚ Continue to be an example of a faith-filled Catholic.
- ✚ As you continue to be service minded in the community, invite them to accompany you (soup kitchen, visiting seniors, taking Holy Eucharist to a shut-in, etc.) Ask what they are interested in and how they'd like to reach out in the community.



Gifts of the Holy Spirit

Reflect on your own about the Gifts of the Holy Spirit and pray for your Candidate.

Wisdom: The ability to see God at work in our lives, in the world and to value the things of God.

I pray for the Gift of Wisdom for you: to catch on to the mystery and truth of life and to find God in the restless, empty, quiet, or crowded moments.

Understanding: The ability to see things from another person's perspective-putting them first. To not be confused by the conflicting messages in our world. To grasp faith's mysteries.

I pray for the Gift of Understanding for you: that you will be able to untie the knots of life, that you will become non-judgmental, and that God will expand your heart to love and care as God does.

Knowledge: The gift of reality, of seeing the world and things around us as they are, rather than as we would like them to be. To continually educate your mind.

I pray for the Gift of Knowledge for you: that you may be smart about yourself and others, that your vision will be 20/20 about life, and that God will touch your heart.

Fortitude: Courage. The ability to overcome fear and willingness to take risks no matter what the cost. To strengthen your will.

I pray for the Gift of Fortitude (Courage) for you: that as you walk in this world, you feel prepared and that you might give God all your questions, struggles, hurts, and disappointments.

Counsel: Right Judgment. The ability to know the difference between right and wrong, and choose to do what is right. To make wise, informed decisions. To live out the values taught by Jesus.

I pray for the Gift of Counsel for you: that you will seek help when you need it and give help when others need it. I pray that this gift helps you make morally good choices that are healthy for your life.

Piet̄y: The ability to treasure all life and a deep sense of respect for God and Church.
Recognizing our total reliance on God with humility, trust and love.

I pray for the Gift of Piet̄y for you: that you will know a reverence and respect for everything and a piet̄y that will teach you to pray, to forgive, and to build a relationship with God.

Wonder & Awe: The ability to be amazed by things in life and to know that we are always in God's presence. To be aware of God's glory and majesty.

I pray for the Gift of Wonder and Awe (Fear of the Lord) for you: that your attitude toward God is open, humble, and hopeful, and that you are always enthusiastic about God's presence.

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**