Choosing a Confirmation Sponsor- Reflection Worksheet

Take a few minutes to ask the Holy Spirit to guide you in choosing a Confirmation Sponsor. Remember, they must be 17+ years old and be a confirmed Catholic who actively practices their faith. Your sponsor should be someone other than your parent(s).

Sponsors are strongly encouraged to attend:

- Each monthly Sunday night session
- TheConfirmation Sponsor Retreat (date TBD)

We encourage you and your sponsor to meet or communicate between sessions to discuss the readings and your faith journey. Your sponsor is another person that will accompany you on the journey toward confirmation and beyond.

Name(s) of people who might be a good Confirmation sponsor:
1)_____ 2)_____
3)_____ 4)_____

What Catholic faith qualities do I admire about each person listed above?
1)_____
2)_____
3)_____
4)_____

Why would each person be a good sponsor and support person in your adult faith journey?
1)_____
2)_____
3)_____
4)_____

How do I see each person sharing their faith with others (in actions and in words)?
1)_____
2)_____
3)_____
4)_____

With which of these people would I feel comfortable discussing my faith journey (my doubts and fears, my hopes and joys)?
1)_____ 2)_____
3)_____ 4)_____

Which of these people would be able to attend Mass with me and most of the Confirmation activities throughout the year?

1)_____ 2)_____

3)_____ 4)_____

Which of these people would be most likely to continue having a faith-based relationship with me after I am confirmed?

1)_____ 2)_____

3)_____ 4)_____

Questions to discuss with the people you are considering asking to be your sponsor:

a) Do you remember your Confirmation and preparation for the sacrament? Describe it.

b) What is your relationship with Jesus like?

c) What are your gifts and how do you use them to do ministry in the Catholic Church?

d) What is your prayer life like?

e) What do you love the most about the Catholic faith?

f) Are you available to disciple me and attend the Confirmation activities with me throughout the year?

g) Are you available to attend Mass with me?

h) Are you willing to commit to walking in the faith with me after Confirmation?

This is the person I would like to ask to be my sponsor:_____

If they are not available, my second choice is: _____

Please discern who you would like to ask to be your sponsor and then have a conversation with them about the questions listed above. As soon as you have chosen a sponsor, please have him/her complete the Sponsor Registration found on the 4Parishes/1 Faith website.