

# The Role of the Sponsor in the Sacrament of Confirmation

When we are confirmed, we invite someone to be our Sponsor. Our Sponsor is a person who we think shows the qualities of a caring person in the world and shows what it means to be Catholic.

Choosing a Confirmation Sponsor is a personal decision and this person is usually someone who is important to us.

As this person is meant to journey with us, and be a guide towards and beyond Confirmation, they need to have made this journey themselves. This means that the person must be a Baptised and Confirmed Catholic over the age of 16. It is recommended that we choose our Godparents who were there when we were Baptised, or a relative (not a parent), someone in the Parish who we know well, or a close friend whom we admire. During our Confirmation our Sponsor is with us when we are anointed with Chrism.

In simple terms this means:

To be a friend, helper, guide, listener and advisor to the Candidate during their journey. This can be best achieved by active involvement in the Confirmation Process ie by undertaking the Journey with the Candidate.

Acceptance of the role brings with it responsibilities and sacrifices—full commitment to the Confirmation Process. There are however rewards too, which makes it all worthwhile—helping others to come to know Jesus whilst at the same time renewing one's own faith commitment. There is also the great honour of being able to be part of someone's Faith Journey.