

## Some Words to the Sponsor

If you have been chosen to be a Confirmation sponsor, congratulations! This person sees in you a profound faith commitment, finds trust and knows you are someone who will care about them and their faith. It's not all that complicated, but it does take time, faith, and a caring heart and listening ear. Here are a few suggestions on how to be the best possible sponsor for your candidate:

1. **Be a living model of faith.** At least a part of what this young person admires in you is your faith! This is a chance for you to share your life and your faith with this young person. It is a grave responsibility. Take it seriously. Your faith should be authentic and sincere. Has it been awhile since you went to confession? That's a good way to start off this spiritual journey with this young person. Receive the grace of the Lord and make a firm intention to reform your life.
2. **Pray for your candidate and yourself.** As candidates decide to be confirmed, they need spiritual strength. Your prayers for them are important. Attend Mass, Eucharistic Adoration, and the Sacrament of Reconciliation together.
3. **Give of your time and share your gifts.** You'll be asked to spend time together on various activities. This may mean preparing lessons or even working on a Christian service project. You could also share your own experiences or write a letter of encouragement. Let your unique God-given talents and gifts shine!
4. **The ceremony.** Participating in the ceremony is the easiest part of being a sponsor. Your basic job will be to place your hand on your candidate's shoulder, and tell the bishop your candidate's Confirmation name. You're there to be a support, but your role on Confirmation day is only beginning.
5. **Don't forget this newly confirmed Catholic.** After Confirmation day, remember birthdays and this anniversary. Send a card or make a phone call. Continue to worship together, or from time to time do some Christian service. Put those "Gifts of the Spirit" into practice.