

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:

- **The Confirmation Sponsor Retreat (date TBD)**
- **Confirmation Cathedral Tour (date TBD)**

We encourage you and your sponsor to meet or communicate (if your sponsor lives in a different community) 5 times before you receive the Sacrament of Confirmation.

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 cluster website.