

The sponsor has an important role in Confirmation—supporting the candidate and the candidate’s parents as the candidate prepares for Confirmation.

Recognizing this important role, the Church requires that a sponsor be at least sixteen years of age, be fully initiated in the Church (has received the sacraments of Baptism, Confirmation, and Eucharist), and be a practicing member of the Church. These requirements are aimed at making sure that a sponsor is more mature, informed, and experienced in the ways of our faith and culture than the candidate.

The ideal sponsor:

- already has a relationship of trust with the candidate
- is willing to meet regularly with the candidate as he or she prepares to celebrate Confirmation
- is prepared to accompany the candidate on his or her faith journey after Confirmation
- is willing to attend sponsor meetings, the Welcome and Commitment Service, a morning of reflection and/or one-day retreat, and the celebration of Confirmation
- is willing to share his or her faith with the candidate
- is an older friend or relative (parents can be sponsors by exception) in whom the candidate can confide
- is an open, honest, caring, committed, and encouraging person who will help the candidate grow in his or her understanding of the faith

