

**St. Theresa of Lisieux Parish
Catholic Community of Billerica
Religious Education Program – Confirmation**

**Choosing a
Confirmation
Sponsor**

Imagine having the opportunity to choose your own coach in the sport or activity of your choice. You would choose someone who is familiar, knowledgeable, and involved with that sport or activity. You would choose someone who will help you become a better athlete or participant.

Living as a Catholic Christian today is more than just the outward signs of doing - showing up and participating - it is the internal choice to live, to be a Catholic Christian. When choosing a sponsor for Confirmation, you are choosing someone who will be a kind of spiritual coach. You want someone who does the external signs and makes the internal choice - someone who will help you live as a Catholic Christian now and after you receive the sacrament of Confirmation.

Here are some things to think about as you choose your sponsor:

1. If possible, choose one of your godparents from baptism. Sometimes this is not possible, as family relationships and locations change, or because a baptismal godparent no longer practices the Catholic faith.
2. The candidate for Confirmation is the one who will be choosing the sponsor. While you might want to talk about this choice with your parents, they should not make this choice for you. Your parents cannot be your sponsor.
3. Your sponsor is someone who will help you live as a Catholic Christian. This means that the sponsor ought to be living that life and can be a witness to it. Specifically, the sponsor has received the sacrament of Confirmation, is age 16 or older, and is leading a life in harmony with the Catholic Church, including regular attendance at Mass and reception of the Eucharist.
4. Your sponsor is someone who will be part of your preparation for Confirmation and will continue a relationship with you after you receive the sacrament. You could also consider someone with whom you are familiar and expect to keep in touch. If this is not possible, choose someone you are familiar with and hope to get to know better.
5. Sponsors are invited to join you in the process of preparing for Confirmation by having ongoing conversations with you about faith. They will be asked to share with you the importance of prayer, receiving the sacraments, serving others, and living our Catholic life. They will be invited to be a part of your preparation to receive the sacrament of Confirmation.