



## Suggestions for Confirmation Sponsors

Congratulations! You said “yes” to the invitation to become a Confirmation Sponsor!  
Now what?

Here are some real-world suggestions to help you walk alongside your candidate during their sacrament preparation.

- Make it a point simply to converse about your candidate’s sacrament preparation experience. Conversation starters might be, “How’s the confirmation program going?”, “What kinds of things are you studying now?” , “What sort of questions do you have about our faith?”
- Find an opportunity to speak about your personal Confirmation experiences, your joys and fears. Help them understand that you walked this path and are excited to walk it with them now.
- Make it a point to attend the same weekend liturgy with your candidate. If you are not members of the same parish, then make every effort to visit and attend mass together at their parish at least once during the Confirmation process.
- Call, text, email, and write letters throughout the entire process. If you find yourself thinking about your candidate during the process, then consider the possibility that it is the Spirit prompting you to contact them. Young adolescents rarely believe that any adult is concerned about them, so a simple gesture of intentionally reaching out will be very affirming. Also, *your adolescents particularly enjoy receiving mail.*
- Ministry of Presence. Find opportunities to just enjoy one another’s company. For example, go to a movie, concert, ball game, or maybe just out for a hot chocolate.
- Finally, commit to praying for your candidate and the success of their preparation for Confirmation.