

Overview of Selecting a Sponsor & a Saint

The spiritual life is not a journey that we can undertake on our own. We need community and support to help us. The role of a Confirmation Sponsor and taking on a patron saint are two ways that the community can play a more tangible role in our faith journey.

As you pray about who to choose as a **Confirmation Sponsor**, please keep in mind the following requirements set forth by the Church (Code of Canon Law Can. 874, 892-893):

- Cannot be younger than sixteen years of age.
- May not be the father or mother of the one to be confirmed.
- Must be a Catholic in good standing, which includes:
 - A Catholic who is confirmed and has received the sacrament of the most holy Eucharist;
 - Attendance at weekly Sunday Mass & Holy Days of Obligation;
 - And if married, his/her marriage must be valid according to Canon Law.

Ideally, a Confirmation Sponsor is living as a disciple of Jesus Christ through the way they pray, serve in the community, and go about their everyday life. A sponsor should be someone you want to model your own relationship with God after; is someone who can encourage you and challenge you to grow in your life; and with whom you can discuss faith and life issues.



Long ago when Baptism and Confirmation were celebrated together a new name was chosen to indicate that this person was no longer the same person he/she was before, but had assumed a new Christian lifestyle. We now celebrate Confirmation as a continuation and finalization of the initiation process as you take on your faith to be your own. We choose a **Confirmation Saint** (like we choose a Confirmation sponsor) not out of due diligence to the “rule,” but rather because we realize how unfortunate it would be to travel alone. We recognize how important it is to know your Confirmation Saint not only by name, but also by story.

The saints have so much to teach us about this journey. Saints are those who have gone before us and who are already living in heaven with God. They are powerful intercessors for us still living here on earth. They can pray for us and encourage us in our faith journey. There are so many saints to choose from! Your Saint can be your own namesake chosen at your Baptism or a new one you choose that shows your new identity in Christ. Start your journey with prayer, and continue to pray through the process of selecting your Saint. Below we have a list of resources to help you find your Confirmation Saint.

- <https://lifeteen.com/biggest-best-list-confirmation-saints-guys-girls/>
- <https://www.catholic.org/saints/>
- <https://www.ewtn.com/catholicism/saints>

You will need to know the following information in order to complete the Sponsor & Saint Reflection:

- **Sponsor's name, email address, and parish**
- **7-10 sentences about your Saint and why you chose them OR**
- **why you're keeping your Baptismal name**