

THE ROLE OF THE CONFIRMATION SPONSOR

- * Pray daily to the Holy Spirit to sanctify your candidate as the role of sponsor is first and foremost a spiritual relationship.
- * Ask five other adults and/or children to pray for your candidate.
- * Meet/talk/email/text with your candidate regularly about his/her spiritual journey and prayer life. Schedule set times for this- maybe one hour each month.
- * Take an interest in what your candidate experiences in class and through service learning projects.
- * Bring your candidate to Mass and Reconciliation. Encourage the frequent reception of Jesus in the Eucharist and the experience of His forgiveness and peace in the sacrament of Reconciliation.
- * Participate in other devotions together like Adoration of the Blessed Sacrament, the Rosary, Novenas, Stations of the Cross, 40 Hours, and visiting a shrine.
- * Know Church teachings in order to live a life of virtue and to answer questions from your candidate.
- * Share significant moments from your faith life and encourage your candidate to see God's presence and action in daily life.
- * Suggest that your candidate keep a journal to record experiences and reflections so they can be shared with you when you meet.
- * Plan a service project together.
- * Read a book on a saint together to see a variety of ways to live holiness.
- * Watch a movie that lends itself to a discussion related to our Catholic Christian beliefs.
- * Ask your candidate to pray for you.
- * Celebrate the anniversary of Confirmation yearly with a visit, call, or card.

Remember that effective communication includes eye contact, attentive posture, active listening, and open-ended questions to allow for more meaningful conversations.

Your candidate will appreciate your feedback, support and prayers!