

# Confirmation Sponsor Reflection Worksheet

## I. CANONICAL REQUIREMENTS FOR THE CONFIRMATION SPONSOR

Insofar as possible, there is to be a sponsor for the person to be confirmed; the sponsor is to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament. (CCL 892)

To be permitted to take on the function of sponsor a person must (CCL 874):

1/ be designated by the one to be confirmed, by the parents or the person who takes their place, or in their absence by the pastor or minister and have the aptitude and intention of fulfilling this function;

2/ have completed the sixteenth year of age, unless the diocesan bishop has established another age, or the pastor or minister has granted an exception for a just cause;

3/ be a Catholic who has been confirmed and has already received the most holy sacrament of the Eucharist and who leads a life of faith in keeping with the function to be taken on;

4/ not be bound by any canonical penalty legitimately imposed or declared; 5/ not be the father or mother of the one to be baptized. [the one to be confirmed]

6/ It is desirable to choose as sponsor the one (Godparent) who undertook the same function in baptism. (CCL 893.2)

## II. ADDITIONAL REQUIREMENTS

1/ If the sponsor is married, they must have a valid, sacramental marriage recognized by the Catholic Church. Documentation must be provided for Sponsors who are parishioners of Saint Rose.

2/ A practicing Catholic in good standing (“who leads a life of faith”) is defined as:

a) Attends Mass on all Sundays and Holy Days of Obligation.

b) Attends the Sacrament of Reconciliation (Confession) at least once a year.

c) Receives the Sacrament of the Eucharist at least during the Easter season.

d) Observes the days of fasting and abstinence (from meat) established by the Church.

e) Helps to provide for the needs of the Church, according to his or her ability.

f) Avoids scandal, cohabitation, and similar behavior.

*Take a few minutes to ask the Holy Spirit to guide you in choosing a Confirmation Sponsor. Remember, they must be 16+ years old and be a Catholic in good standing with the Church.*

**Name(s) of people I know who might be a good Confirmation sponsor:**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

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What Catholic faith qualities do I admire about each person listed above?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

Why would each person be a good sponsor and support person in my adult faith journey?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

How do I see each person sharing their faith with others (in actions and in words)

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

With which of these people would I feel comfortable discussing my faith journey (my doubts and fears, my hopes and joys)?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

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Which of these people would be able to attend Mass with me and most of the Confirmation activities throughout the year?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

Which of these people would be most likely to continue having a faith-based relationship with me *after* I am confirmed?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

This is the person I would like to ask to be my sponsor:

\_\_\_\_\_

If they are not available, my second choice is:

\_\_\_\_\_

Student Name: \_\_\_\_\_ (please print)

Date: \_\_\_\_\_

This last page must be turned in on Monday, August 11th with service hours.