



Choosing a Confirmation Sponsor

Reflection Worksheet

Take a few minutes to ask the Holy Spirit to guide you in choosing a Confirmation Sponsor. Remember, they must be 17+ years old and be a confirmed Catholic who actively practices their faith.

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

1) _____ 2) _____

3) _____ 4) _____

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 your adult faith journey?

1) _____

2) _____

3) _____

4) _____

With which of these people would I feel comfortable discussing my faith journey?

1) _____ 2) _____

3) _____ 4) _____

Questions to discuss with the people you are considering asking to be your sponsor:

- a) Do you remember your Confirmation and preparation for the sacrament? Describe it.
- b) What is your relationship with Jesus like?
- c) What are your gifts and how do you use them to do ministry in the Catholic Church?
- d) What is your prayer life like?
- e) What do you love the most about the Catholic faith?



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