

CONFIRMATION SPONSORS



Talking Points

As a sponsor for a candidate preparing for the Sacrament of Confirmation, it can sometimes be difficult to know where to begin in guiding a young person through this process. Below are some suggestions for conversation topics that you may want to discuss with your candidate. If you would like to read more about being a Confirmation Sponsor, refer to Catholic Parent Know How *“How to be a Confirmation Sponsor”*.

- Share your experience of your own Confirmation with your candidate.
- Ask your candidate about the support he or she has received from the community of faith, and explain ways you experience the similar support.
- Discuss with your candidate the gifts he or she can use to share Jesus’ work in the world.
- Take a walk, or virtual walk, through nature with your candidate. Discuss the things in nature that you each appreciate.
- List things you are thankful for. Compare lists with your candidate.
- Lectio Divina is a way of praying with Scripture by reading, reflecting, praying, contemplating and deciding. Share a favorite Bible passage with the candidate you sponsor. Some inspirational Scripture passages include 1 Corinthians 13:4-13, 1 Peter 4:8-10, and Philippians 1:27, 28. Pray this way together.
- Discuss rights, responsibilities and challenges of Church membership. Name those rights you value especially and ask your candidate to name what he or she values.
- Share ways in which you have felt the “hand of God” in your life. Share a time when God’s presence was particularly important to you.
- Review the Rite of Confirmation. Talk together about the liturgical celebration and what to look for and listen for during the celebration.
- Maintain a relationship with the candidate you sponsor throughout the Confirmation preparation process and after he or she is confirmed. This can be done in person, by phone, through e-mail or regular mail. You might remind the newly confirmed about previous discussions you have shared or offer words of encouragement.
- Help the candidate you sponsor to continue to celebrate and live his or her faith beyond Confirmation. Work with him or her to develop a plan for future spiritual growth. Share your goals for your own spiritual growth.
- Ask about the candidate’s service projects. Offer encouragement in these works of service.
- After the candidate has completed the Confirmation retreat, encourage him or her to share the experience with her.
- Discuss the saint who the candidate has chosen for his or her Confirmation name. Talk about the reasons why he or she chose this saint. Share your own Confirmation saint with the candidate.