

**“...Confirmed by the gift of the Spirit,  
that they give witness to Christ by lives  
built on faith and love...”**

*General Intercession from the  
Rite of Confirmation*

## *Faith Sharing*

*A Guidebook  
for Sponsors*



Congratulations! You have been chosen by a young person for a special role. A wonderful adventure in the spiritual life awaits the two of you. As a Confirmation sponsor, you have accepted a responsibility that is an honor in our Church.

Your role is to spiritually walk with the candidate during the preparation for the sacrament. You will assist the young person in being a true witness and disciple of Jesus, and representing the community when you present your candidate to the bishop or his delegate.

Your special role does not end at the Confirmation liturgy: you will help the young person fulfill his or her baptismal promises after Confirmation with the help of the Holy Spirit.

Your candidate sees you as:

### **A Friend**

- Someone they have a relationship with
- Someone who will be attentive to them as a person, taking interest in their life, school, family and friends
- Someone they feel comfortable with to talk about matters of faith
- Someone with whom they can talk about doubts, fears and worries.

### **A Witness**

- Someone who has an active faith life which can be seen in your daily life and church involvement.
- Someone who participates in the liturgy and sacraments of the Church
- Someone who works to spread the Gospel message of Jesus by word and action.

### **A Guide**

\* Someone who will walk with them on their faith journey and remain in contact with them as a guide in this community of believers.

**Being a Confirmation sponsor is not just a one-time thing; it is not just a ceremonial role.**

**It is a significant, critical role in the life of this young person—**

**for the rest of his or her life.**

## About Confirmation.....

The Sacrament of Confirmation...

- \* welcomes us and deepens our belonging to the faith community
- \* deepens our relationship to God, as Creator, Redeemer and Spirit
- \* strengthens us as disciples

**A sacrament is part of the way God loves us and calls us.** It is God's love expressed as free, undeserved gift.

The Gift within Confirmation is that of strengthening us for discipleship and deepening our belonging to Church.

**God uses visible signs to communicate invisible love.** To communicate love, God uses our senses and the elements of our world.

In Confirmation, the signs we will celebrate include anointing with oil and laying on of hands as we remember our Baptism and the nourishment of the Eucharist.

**God calls and invites: we respond.** An attitude of openness communicates a "yes" to God's invitation to a deeper relationship. This 'yes' does not mean will be perfect or that we are worthy. It means we are open to be strengthened by God who calls us and loves us.

In Confirmation, we have the opportunity to say 'yes' through the renewal of our Baptismal promises

**The community witnesses to and celebrates the sacraments.** A sacrament is a powerful sign that God is alive and present in the world. As Church we are called to be God's hand and healing touch in the world.

In Confirmation, the community witnesses our celebration and you represent the love of the community for your candidate.

## About the Eucharist....

Your candidate may also be receiving the Sacred Body and Blood of Our Lord Jesus Christ at the same liturgy.

There is an intimate relationship between the sacraments of Confirmation and the Eucharist. In Confirmation, we are strengthened to live out our lives as disciples of Christ. We all can agree that this can be difficult to do. The Eucharist nourishes us and enriches us to use our gifts in service to others and to live faithfully.

While there are things you will do as a sponsor, ie attending rehearsal, buying a gift, walking in the ceremony, what is more important is who you are as a person of the Gospel. This journey will take you and your candidate to new and exciting places in the life of faith. Faith penetrates the heart of the matter— how has faith penetrated who you are: can your young person read the Good News in the actions of your life? How will you inspire them?

## How do I Share My Faith

Central to being a Confirmation sponsor is sharing with your young person the wonderful, worthy adventure of living a gospel– centered life. You may not feel well equipped for this task, but don't worry, neither did the first disciples of Jesus!

Here is a to list to help you.

1. Sign and date the Sponsor Covenant. Give it to your candidate (framed or unframed).
2. Tend to the business of getting your letter of eligibility or affidavit signed at your parish.
3. Have faith conversations with your candidate.  
Establish a regular pattern of contact before AND AFTER the sacrament celebration.  
Witness to God's presence in your life. There are 4 scripts for conversations in this booklet to get you started. Have more!
4. Affirm the actions of the young person which witness to the Good News. Make a direct correlation for your candidate between what you see him or her doing and how it is a value or action of Jesus,.
5. Arrange to take you candidate to:
  - Mass. The more times you can go together, the better.
  - Adoration. Children who spend time in adoration have a better sense of the true presence of Christ in the Eucharist.
  - Confession, especially the week or days before the ceremony.

## Faith Conversation #1

Questions should be answered by candidate and sponsor

Prayer is important if we are going to have a close relationship with Jesus.

When do you pray? How do you pray?

What does prayer mean to you?

How will you (the candidate) grow in prayer in preparation for Confirmation and Communion? Come up with a couple of specific ideas..

Every week at Mass we make a profession of faith when we say the Creed. The Creed contains the beliefs of our faith. Read the Creed together. Why are these beliefs important to you?

Look up the Corporal and Spiritual Works of Mercy. As a follower of Jesus, which have you practiced at home? At school?

What are you most looking forward to when you celebrate your sacraments this year?  
Sponsor, what is your hope for your candidate?

## Faith Conversation #2

Sometimes we speak of the ACTS of prayer:

Adoration or love—we express for God.

Contrition or sorrow— we tell how we are sorry for our sins and seek forgiveness.

Thanksgiving— we thank God for the many blessings we receive from him.

Supplication or request— we ask for God's help and guidance.

Which type of prayer do you use most often? Least often? Every night try to use two different ones.

What does it mean to give witness of faith to kids your own age?

Find a story in the gospel that show Jesus helping others. What do you learn about Jesus?

How can you imitate Jesus in a similar way?

How have your parents helped you in your faith journey so far?

How have the kids in your cluster helped you?

How have you helped them?

### Faith Conversation #3

In your cluster, you have been learning about the different parts of the Mass.

What is your favorite part of the Mass? How are you doing participating in the mass? Talk about ways to be a better participant.

What saint is the patron saint of your Confirmation? ( it is the saint's name you have chosen to be confirmed as). Why did you choose that saint?

Of the seven gifts of the Holy Spirit ( knowledge, reverence, right judgment, wisdom, courage, understanding, wonder and awe), which do you need the most in your life to be a better disciple?

Candidates, share with your sponsors the service project you have done or are planning to do with your cluster. Who did you serve?

Why is service an important part of your faith life?

Jesus said, "Blessed are the peacemakers". How can you be a peacemaker this week?

### Faith Conversation #4 To be done during Lent.

Lent is a time of challenge. We are challenged to make a renewed effort to be more like Christ, to put more enthusiasm into living our faith and to love one another more. We are asked to pray, fast and give alms.

What will you give up ( or do extra) this Lent?

How will you work to make your prayer life better?

What will you do for the poor?

Try to come up with specific things.

Who are our priests? What are their jobs?

Who are our bishops (go to [www.diocesephoenix.org](http://www.diocesephoenix.org)). How do they help the people in Phoenix live the Christian life?

Read 1 Corinthians 13:4-8 with your sponsor. How well do you love?

Talk to one another every day of the Easter Triduum (Holy Thursday, Good Friday, Holy Saturday and Easter Sunday). If you can, go to services together. If not, get I touch, remember the events of the day and share a short prayer.