

## **Roles and Responsibilities of Youth Confirmation Candidates**

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. – Matthew 7:7

Confirmation is the sacrament in which the Holy Spirit comes to us in a special way to join us more closely to Jesus and his Church and to seal and strengthen us as Christ's witnesses. It is the completion of baptismal grace.

As part of your preparation for Confirmation you are asked to do the following:

1. Participate in weekly Eucharistic celebrations
2. Participate with a sponsor or parent at six (6) monthly Confirmation preparation sessions on Sunday evenings, 5:30-7:00 pm (followed by youth group) between October and May and one weekend retreat (January 28-30, 2011)
3. Participate in at least half of the STAY Sunday evening sessions (including the Masses and social events)
4. Participate in a minimum of three (3) STAY COOL service events or other service projects
5. Participate in a reconciliation service on either April 11 or April 18, 2011
6. Participate in the confirmation rehearsal on May 13 and the Confirmation Mass on May 14.

As part of your discernment process you should also:

- Pray for yourself and your upcoming decision about Confirmation.
- Start getting to know your sponsor better, spend time with them.
- Be willing to talk to and ask questions about faith with other people.
- Be open to the discernment process and what God may be revealing to you in this process.
- Pay attention to the words of the songs, prayers, and readings at Mass and discuss them with your family and sponsor.
- Commit to living as a disciple of Jesus.

### How to Choose a Sponsor:

The most important role of the Confirmation sponsor is to walk with you and guide you as you prepare to receive the fullness of the Holy Spirit in this Sacrament of Initiation. Confirmation sponsors are like spiritual coaches or mentors, affirming your strengths and pointing out ways you can grow and become better in the practice of faith.

When choosing a Confirmation sponsor, take your time to reflect on the important people in your life. Here are some suggestions to help you as you make your choice:

- Think about the qualities you want your sponsor to have
- Think about people who are good examples for you
- Ask yourself if one of your godparents would be a good sponsor
- Talk with your parents and other family members about who would be a good choice
- Remember, sponsors must be at least 17 years old, and cannot be your parents
- Sponsors must be practicing Catholics and have already celebrated Baptism, Confirmation and Eucharist
- Pray to the Holy Spirit
- Talk with the person you select and explain why you chose him or her and what his or her responsibilities will be