

St. Dominic Confirmation Program



Candidates and Sponsors

The Confirmation Sponsor serves as an example of faith and personal spiritual guide for the candidate, a person with whom the candidate can reflect on his/her journey toward Confirmation.

The Candidates and Sponsors are asked to “take five” each week and review the five questions listed below. With each question, the sponsor begins by asking the candidate’s response. Then the candidate in his/her turn asks the same question of the sponsor. In this manner you can both learn from one another and reflect together on your faith journey. We encourage the candidate to keep a journal of his/her weekly responses to be able to look back on their faith journey from time to time.

All it takes is a brief five-minute phone call each week. The sponsor should take the initiative in calling the candidate. Consider getting together in person for this weekly review once a month. Whether by phone or in person, remember to “take five” each week.

- 1. What has been the highlight of your week?**
- 2. What has been most challenging for you this week?**
- 3. How have you felt the presence of God in your life this week?**
- 4. What have you done this week to grow in your relationship with God and the Church?**
- 5. What are your goals for the week ahead, in particular your spiritual goals?**

As an added dimension of your faith journey together, consider from time to time reading and reviewing the scripture readings for the upcoming Sunday. They can be found on the internet at www.usccb.org Click the appropriate date on the “Daily Readings” calendar.

Selecting Your Confirmation Sponsor

As indicated on the opposite side of this sheet, your Confirmation Sponsor should be someone whom you consider to be a good Catholic Christian role model for you. He or she should be someone with whom you will feel comfortable sharing your responses to the questions included in "Take Five". The Catholic Church encourages you to consider asking one of your baptismal sponsors or godparents to also be your Confirmation Sponsor since he or she is a person already committed to taking interest in your spiritual development and serving as a role model for you.

There are a few requirements set by the Catholic Church regarding the selection of Confirmation Sponsors. Your Sponsor must:

- be Catholic
- attend Mass and receive Communion regularly
- be at least 16 years old
- have already received the Sacrament of Confirmation
- not be your mom or dad