



SPONSOR

COME, HOLY
SPIRIT

GUIDE

WELCOME



THANK YOU FOR BEING A SPONSOR!

Thank you for saying "yes" to being a witness in the Catholic faith to a young person preparing for the Sacrament of Confirmation! This is not just a duty, it's a calling.

You may have some questions about your role as a sponsor, and this guide serves to assist you in this role. In this guide you will find more about what the Sacrament of Confirmation is, what Confirmation preparation looks like at St. Pius X Church

and ways to further engage your candidate throughout this process and beyond. Specifically, there are four conversation starters that can be used for four different in-person, over the phone, or digital meetings as well as a template for a Confirmation Sponsor and Service Reflection. We are looking forward to journeying with you and are praying for you!

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WHAT IS CONFIRMATION?

The Sacrament of Confirmation imparts the completion of the gifts and fruits of the Holy Spirit within the soul of the confirmed which were first received at Baptism in order to be a witness of Jesus Christ and His Holy Catholic Church to the world. This is a big responsibility, but God doesn't call the equipped, he equips the called.



WHAT DOES CONFIRMATION PREPARATION LOOK LIKE AT ST. PIUS X CHURCH?

Confirmation preparation at St. Pius X is a two year process, beginning typically in 9th grade and culminating with the reception of the Sacrament in 10th grade. We primarily utilize small groups which are comprised of their friends and peers, lead by dynamic adult leaders. They remain in the same small group for two years to build up a trusting faith community.



CONFIRMATION PREPARATION

WHAT IS MY ROLE AS A SPONSOR?

There are three foundational roles as a sponsor:

1. To assist the candidate in preparing for Confirmation
2. To present the candidate for Confirmation
3. To journey with the Confirmed lifelong as a witness and support in the Catholic faith.

Your support for your candidate can take many forms, and here are some suggestions to begin.

SHARE YOUR STORY

The most powerful example of the power of God is through personal stories of the Holy Spirit at work in your life.

PRAY FOR YOUR CANDIDATE

Pray that your candidate may experience an encounter with Jesus Christ through your meetings and preparation.

ENCOURAGE VIRTUE

High school is a battlefield, and it has become increasingly more difficult for young people to live out virtue. Your encouragement in this is key.

TALKING AND LISTENING

Young people are starving for authentic relationships, and believe it or not, they want to open up to you!

SPONSOR



WHO IS QUALIFIED TO BE A SPONSOR?

The best sponsor is a supportive and involved sponsor. A common misconception is a sponsor is only a sponsor before the candidate is Confirmed. However, sponsorship extends throughout the candidate's life. This sounds like a tall order, but even if you can only be in contact every once in a while after they are Confirmed, you can always pray for them!

AGE

According to Canon Law, the sponsor must be at least 16 years of age

CONFIRMED

The sponsor must have been Confirmed in the Catholic Church.

CATHOLIC

The sponsor must be a practicing member of the Catholic Church.


OUTSIDE SUPPORT

The sponsor must not be a parent of the candidate in order to provide a supportive witness outside of the parental unit. It takes a village to raise a Catholic.

If you feel inadequate to be a sponsor, first a reminder again that God doesn't call the equipped, He equips the called! Take this as an opportunity to grow deeper in your faith as well, and we have tips at the end of this packet to grow deeper.

SPONSOR





**SPONSOR AND
CANDIDATE**

**COME, HOLY
SPIRIT**

CONVERSATIONS

HOW CAN I MEET WITH MY CANDIDATE?

St. Pius X invites all sponsors to meet with their candidates at least four times before they are Confirmed. While it is ideal to meet in person, we realize this is not always a reality. In the next pages you will find three different conversations to have with your candidate as well as a format for a candidate and sponsor service project. Below are some ideas of ways to meet with your candidate.

DIGITAL MEETINGS

One benefit to today's technology is the ability to meet digitally through interfaces such as Skype, FaceTime, Facebook Video Messenger, Zoom, etc.

OVER THE PHONE

Teens today converse very little over the phone (besides texting), so this could be a great way to encourage a different form of communication for our young people.

IN PERSON

A good time to meet in person with your candidate is when you will already be in the same town for family visits or during the summer. You can make these meetings more than just about your conversations. Consider going out for lunch or finding another activity you like to do together.

TIP: TEXT YOUR CANDIDATE INSPIRING NOTES ON A MORE REGULAR BASIS.

CONNECT



CONVERSATION #1: DISCOVERY

The candidate's initial formation will focus on discovering where they are at in their relationship with Jesus Christ. For your first meeting, it would be great to open up with a simple conversation about your own relationship with Jesus. Invite your candidate to share how they view God's role in their own life and their personal relationship with Jesus Christ.

IMPORTANT



CONVERSATIONS



DISCUSSION QUESTIONS

1. How have you seen God at work in your life?
2. What is your view of God?
3. Read John 1:35-41 together. Ask your candidate "what they are looking for" in life. What was the response of Jesus' disciples when they were asked this question?
4. Close with prayer and ask your candidate for any intentions they would like you to pray for. If you are not comfortable saying your own prayer off the cuff, please see the last page of this packet for some prayer ideas.



Due January, 2021 by the candidate

CONVERSATION #2: IDENTITY

An encounter with God will lead us to want to learn more about Him.

During this conversation, focus on what the candidate has learned so far in their preparation, what questions they might have, and how our Catholic faith applies to their daily life. It would be helpful to share your own personal story about how you apply your Catholic faith to your life and ways you can grow in this.

IMPORTANT



CONVERSATIONS

DISCUSSION QUESTIONS

1. What are some things about the Catholic faith you've learned recently that impacted you?
2. How have your discussions with your Confirmation small group impacted you?
3. What questions have come up in your heart during Confirmation preparation and how can we find these answers together?
4. Read Ephesians 6:14-20. What is striking to you from this passage? How can we live this out?
5. Invite your candidate to lead a closing prayer.

CONVERSATION #3: PURPOSE

Every person God creates has a unique purpose and mission that is unrepeatable. This world would be incomplete without you or your candidate. Use this conversation to talk more with your candidate about what gifts, talents, and desires they have in their heart. Let them know that God has a plan for their lives and has created them to find true joy and peace living for Him.

IMPORTANT



CONVERSATIONS

DISCUSSION QUESTIONS

1. What are you passionate about in life? How might God be calling you to use your gifts?
2. Have you thought about a Saint for Confirmation? If so, talk about why you chose that Saint. If not, spend some time looking up different Saints together.
3. Read and discuss Romans 12 together. What stuck out to you from this passage? Read and discuss 1 Corinthians 12:1-11 together and ask your candidate what Gifts of the Spirit they would like to receive most.
4. Close in prayer together.



Due March, 2021 by the candidate

CANDIDATE AND SPONSOR SERVICE PROJECT

Serving together is a great way to grow together in your relationship with Jesus Christ and His purpose for your lives. Even if you are not physically able to serve with your candidate, please talk through the Spiritual and Corporal Works of Mercy together with your candidate to help plan your project.

CORPORAL WORKS OF MERCY

Matthew 25:31-46

Feed the hungry

Give drink to the thirsty

Clothe the naked

Shelter the homeless

Visit the imprisoned

Visit the sick

Bury the dead

Read through the Bible verses Matthew 22:37-40 and Matthew 25:31-46 together and reflect on the following questions:

1. What is Jesus saying in these verses about the importance of helping others and how does it affect our salvation?

2. Review the Corporal Works of Mercy. How can you and your sponsor seek to fulfill one of these works of mercy? Which ones might be difficult to do and why?

SERVE





Due March, 2021 by the candidate

CANDIDATE AND SPONSOR SERVICE PROJECT

Review the Spiritual Works of Mercy with your sponsor. These are derived from Matthew 22:37-40 as well as from St. Thomas Aquinas, one of our early church fathers, in his work the Summa Theologica.

1. How can you and your sponsor seek to fulfill one or more of these Spiritual Works of Mercy?

SPIRITUAL WORKS OF MERCY

Matthew 22:37-40

Admonish the sinner (encourage someone to lead a better life)

Instruct the uninformed

Counsel the doubtful

Comfort the sorrowful

Be patient

Forgive offenses

Pray for the living and the dead

2. Which ones may be difficult to do and why?

Choose a service project to do with your sponsor and connect it with one or more of the Corporal or Spiritual Works of Mercy:

SERVE





**PRAYING
WITH**

**COME, HOLY
SPIRIT**

YOUR CANDIDATE

HOW CAN I PRAY WITH MY CANDIDATE?

One goal in the Confirmation process is to encourage a daily prayer life with our teens. The sponsor - teen relationship can be a great place to plant seeds in our young people regarding the necessity of prayer in our lives. Each conversation between the teen and sponsor should involve prayer in some fashion through reading Scripture together, sharing prayer requests, learning traditional prayers, etc. The following pages have some ideas of ways to pray with your candidate, some traditional Catholic prayers, and ideas for personal prayer.

CONFIRMATION SAINTS

Another way to encourage your Confirmation candidate to pray is through the intercession of their Confirmation Saint and start developing a heavenly friendship with them. They will pick a Saint about half way through their second year of Confirmation preparation, so you are welcome to start that conversation about choosing a saint with them early. We usually suggest choosing a saint they feel they can relate to, and believe it or not, the internet is a great place to start looking!

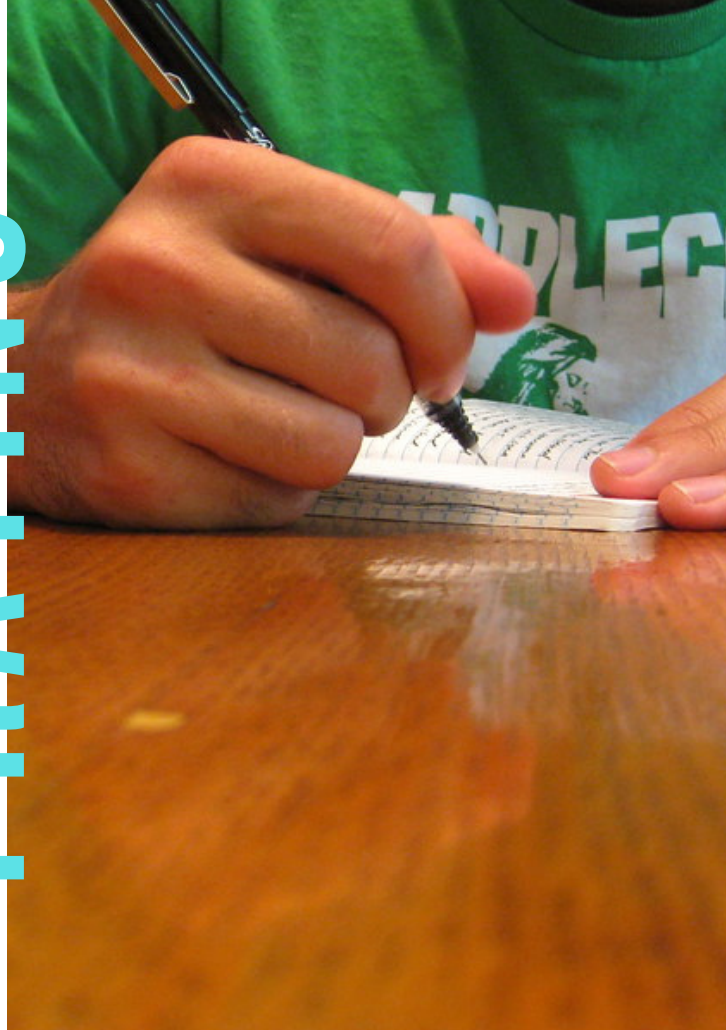
PRAYER



PRAYER JOURNALING

Prayer is simply having a conversation with God. Oftentimes we get intimidated by prayer and make it harder than it needs to be. There are many ways to have a conversation with God together and individually. One idea for having a personal conversation with God is to utilize a Prayer Journal and encourage your candidate to write down their thoughts and feelings about God, their life, their situations, etc. Sponsors can get into the habit of doing this too!

PRAYING



TOGETHER

INTERCESSORY PRAYER

To begin or open each session, it can be fruitful to share intentions or prayer requests with one another and to take some time during the meeting to say the requests out loud and ask God to hear our prayers.

Oftentimes closing the time in prayer with a more Traditional prayer, like the Our Father or Glory Be is helpful. Keep a list of your candidates prayer intentions and pray for them daily.

MASS AND RECONCILIATION

As Catholics, the Eucharist is the Source and Summit of our faith. At Mass, we are fed by Jesus Christ with his Body and Blood in the Eucharist and by His Word through Scripture. Also, each candidate is encouraged to make Reconciliation a part of their life to be nourished by God's mercy. Going to Mass and Reconciliation with your candidate is a great way to connect with them and with God. For Mass and Reconciliation times at St. Pius X, please see our website at www.piusx.org.

PRAYING



TOGETHER

SCRIPTURE

Oftentimes when we pray, we don't always feel like we hear God. However, God has left us His words in the Bible where we can hear him as often as we read it. We recommend beginning by reading small excerpts from the Gospel of Matthew, Mark, Luke, or John. There are also great websites and apps for smart phones that connect you with the daily Mass readings, such as CarpeVerbum.org, Laudate, or iBreivary.

CATHOLIC DEVOTIONS

Here are some common Catholic devotions that you may want to teach to your candidate.

STATIONS OF THE CROSS

The Stations of the Cross is a great prayer to utilize especially during the season of Lent as it walks us through Jesus' suffering and death on the cross.

THE ROSARY

The Rosary is a wonderful meditative prayer that helps us see the different mysteries of the life of Jesus Christ through the eyes of his Mother, Mary.

DIVINE MERCY CHAPLET

The Divine Mercy Chaplet is another meditative prayer that dives into the passion of Jesus Christ and his merciful love for the whole world.

EUCCHARISTIC ADORATION

St. Pius X Church is typically open during the day for prayer from 9am-3pm. Many Catholic Churches in Rochester and beyond have Adoration Chapels where Jesus Christ is present in the Most Holy Sacrament of the Eucharist 24/7. We encourage each candidate to spend some time in quiet prayer with Jesus in Eucharistic Adoration.

GROWING DEEPER

Being a sponsor is a great time to grow deeper in your own spirituality. Here are some ideas you can implement into your life now and in the future. Teach your candidate how to grow in their faith by modeling spiritual growth.

DAILY PRAYER

Take this time to increase your own prayer life through daily prayer. Feel free to use some of the ways of praying that were listed previously. Ask your candidate's family to be praying for you and pray for the candidate and his or her family.

BIBLE STUDY

Join a Bible or Book study at your local parish. Check their website and/or bulletin to see what they offer. If they don't offer anything, Formed.org (listed above) offers a lot you can do on your own or start with your friends or family!

FORMED.ORG

Formed.org is a great resource with hundreds of Catholic resources ranging from movies to Bible studies to talks by popular Catholic speakers. For a small fee you may subscribe to this content or check with your parish to see if they offer a free subscription.

SERVICE

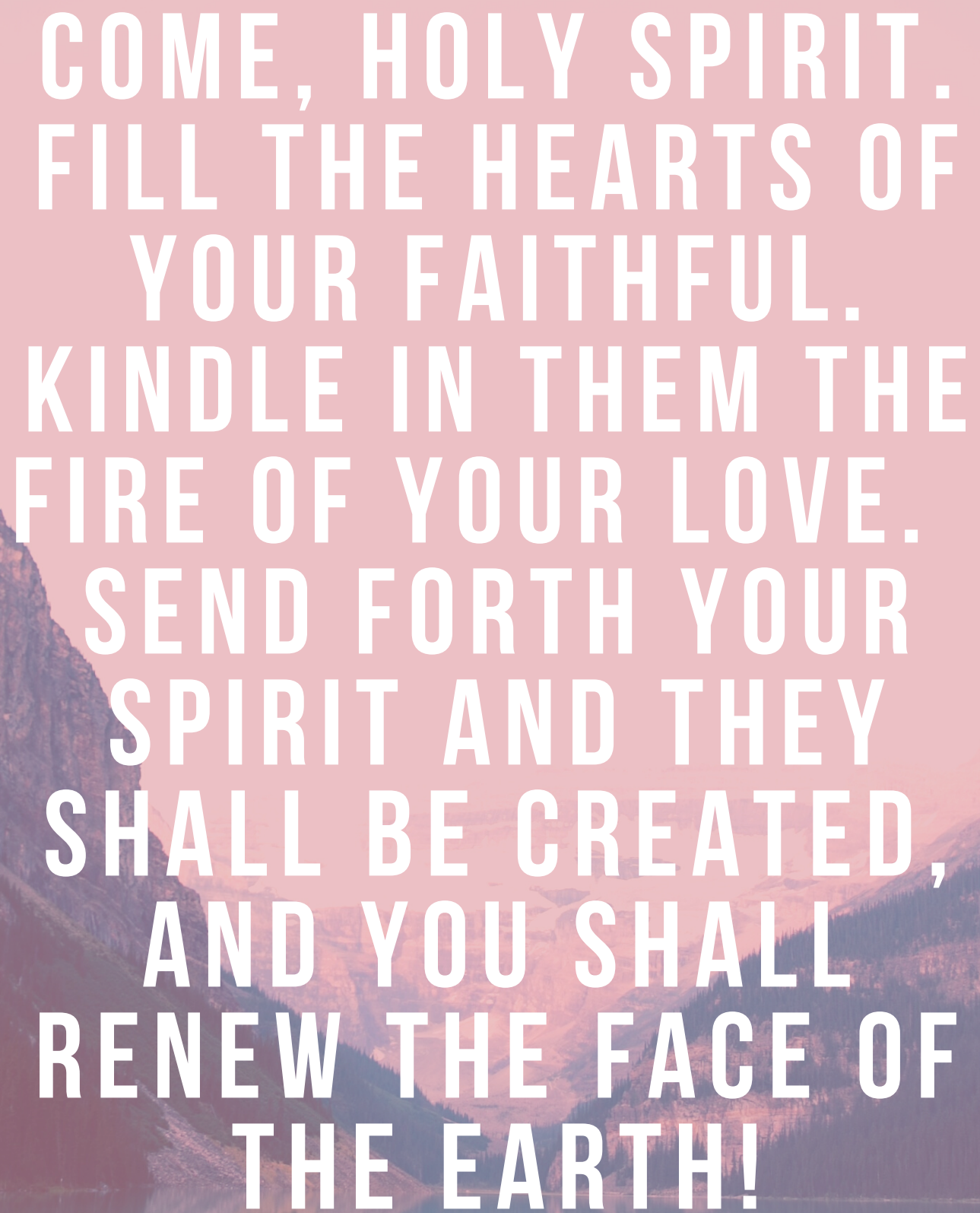
Check out what your local parish has to offer for service opportunities and get involved. This could be something you and your candidate could do together, if possible.

THANK YOU!

Thank you saying "yes" to this great privilege of being a Confirmation Sponsor! I am excited to partner with you as your candidate journeys toward the Sacrament of Confirmation.

If you have any questions at all, please contact Katie at kstinson@piusx.org or over the phone at 507-288-8238.

We are praying for you and your Confirmation candidate!



COME, HOLY SPIRIT.
FILL THE HEARTS OF
YOUR FAITHFUL.
KINDLE IN THEM THE
FIRE OF YOUR LOVE.
SEND FORTH YOUR
SPIRIT AND THEY
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RENEW THE FACE OF
THE EARTH!