



# A Brief Guide to Confirmation

Preparation for the Sacrament of Confirmation:

Selecting a Sponsor and a Confirmation (Saint) Name

**Our Lady Help of Christians**

Roman Catholic Parish Church

Luton | Bedfordshire | LU1 3AG

## **Introduction**

The Sacrament of Confirmation is one of the seven sacraments in the Roman Catholic Church and is one of the three Sacraments of Initiation, along with Baptism and Eucharist. Confirmation completes the grace received in Baptism, strengthening and deepening the individual's relationship with the Holy Spirit and commitment to the Church.

## **Significance of Confirmation**

Through Confirmation, Catholics are empowered to live out the grace received in Baptism more fully. It reinforces the commitment made at Baptism, either by the individual themselves (if confirmed as an adult) or by their parents and godparents (if baptised as an infant).

The sacrament is associated with the descent of the Holy Spirit, as seen at Pentecost. Through Confirmation, Catholics receive a renewed outpouring of the Holy Spirit, strengthening them with His gifts.

## **During Confirmation**

**Anointing with Chrism Oil:** The bishop or priest anoints the confirmand's forehead with sacred chrism oil (oil mixed with balsam and blessed by the bishop). This anointing is accompanied by the words, "Be sealed with the gift of the Holy Spirit." This act signifies being marked and set apart for God's purpose.

**Laying on of Hands:** The bishop or priest extends his hands over the confirmands, calling down of the Holy Spirit. This gesture, rooted in Scripture, signifies the transfer of spiritual power and blessing.

Sign of Peace: The bishop or priest typically extends a sign of peace, welcoming the newly confirmed as a full member of the Church.

Confirmation is only administered to those who have already received Baptism.

## **Confirmation Name**

To prepare for confirmation, the confirmand chooses a Confirmation name, usually the name of a saint who inspires them. This saint serves as a role model and spiritual intercessor for the confirmed person.

## **Selecting a Saint**

Choosing a saint is an important step in the Catholic sacraments of Baptism and Confirmation. It involves selecting a heavenly patron who embodies qualities or virtues that the person receiving the sacrament admires and hopes to emulate.

Saints are seen as examples of faith, devotion, and virtue. By choosing a saint, individuals have a model of holiness to look up to and strive towards.

Catholics believe that saints, being close to God, can intercede on their behalf. The chosen saint becomes an advocate and helper in the spiritual life of the individual.

The saint chosen often reflects a commitment to live according to certain Christian virtues or undertake particular spiritual growth. You can view the Saints of the Roman Catholic Church at: <https://mycatholic.life/saints/>

The saint may have some personal significance, or a story that resonates with the individual's journey, struggles, or aspirations.

## **Sponsor Requirements**

Each candidate for Confirmation selects a sponsor, who is a confirmed, practicing Catholic, typically an older adult who serves as a spiritual mentor. The sponsor's role is to guide, encourage, and support the candidate in their faith journey. A sponsor, also known as a godparent in Baptism, plays a critical role in the spiritual life of the person receiving the sacrament. Sponsors are chosen to support and guide the individual in faith, ensuring that they stay connected to the church and live a life according to Catholic principles.

The sponsor must be a practicing Catholic, meaning they attend Mass regularly, participate in the sacraments, and live in a manner consistent with Catholic teachings. The Sponsor is at least 16 years old and has received the Sacrament of Confirmation, marking them as a fully initiated member of the Church.

A sponsor cannot be the parent, as the role of godparent or sponsor is meant to complement the parents' guidance by providing additional spiritual support.

Other responsibilities of a sponsor may be confirmed after confirmation. For more information about the role of the Sponsor and the Sacrament of Confirmation then visit:

<https://www.olhc.uk/Sponsorship.html>

