

## Need Help Making a Good Confession? Guidelines for Kids in Grades 4-6

Going to the Sacrament of Reconciliation (to Confession) is not difficult, but you do need to prepare a little.

Start by saying a prayer, and by imagining that you are in the presence of God, our loving Father (whom Jesus said we could call “Abba” or Daddy). We want to find healing and forgiveness through being repentant (very sorry for our sins) and by resolving (making a decision) to sin no more.

Then we review our thoughts, words and actions since our last confession. We search for those which did not follow God’s command to love Him and to love one another through minding His laws and the laws of His Church. This review is called an ‘examination of conscience.’

Use these questions to help you review.

### Family (including school)

- What are the things at home that I am not doing, or which hurt or upset my mother, my father, or my brothers and sisters (quarreling, being unkind, being selfish, not going to bed when I am told, etc.)?
- Do I try to be helpful and cheerful at home?
- What are words, behaviours, or actions of mine most displease my teachers (not doing my work, talking back, disturbing others, stealing, etc.)?

### Friends

- What words or actions of mine hurt my friends or other people (selfishness, stealing, meanness,

telling tales, fighting, bullying, refusing to help children smaller than me, etc.)?

- Do I try to share my things with my friends when they can enjoy them with me?
- Do I share my abilities with others who have less than I do?

### Faith

- Do I thank God for the good things he does for me?
- Do I say I am sorry when I offend God?
- Do I pay attention while at Mass, and do I sing and say the responses?
- Do I say my prayers each day?

<h3>Helpful Tips</h3>
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- *Regarding the number of times I have done something:* if what we have done is something big and serious, then saying how often is important.
- *Most troublesome sin:* determine where we are having the most trouble, and ask God and the priest for special help in this area.
- *Try to tell why we act the way we do.* For example, “I was fighting at home because I want my dad’s attention.” Figuring out the reason will help us deepen our consciences as we grow older.

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