

Need Help Making a Good Confession?

Guidelines for Kids in Grades 2-3 (based on the *Our Father*)

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 based on the Lord's Prayer to help you review.

Our Father who art in heaven, hallowed be Thy name

- Do I say my prayers each day?
- Do I pay attention during Mass, and sing and say the responses on Sunday?

Thy kingdom come, Thy will be done on earth as it is in heaven

- Do I do what Jesus wants me to do?
- Do I share with others?
- Am I helpful to my family?

Give us this day our daily bread

- Do I appreciate the good things I have in my life?

- Do I think of ways to help those who have no food?
- Do I take things that don't belong to me?

Forgive us our trespasses as we forgive those who trespass against us

- Do I say I'm sorry when I have been wrong?
- Do I forgive and forget when someone does something bad to me?
- Do I help solve problems between my friends or do I cause more trouble?

Lead us not into temptation, but deliver us from evil

- Do I play fairly in sports and games?
- Do I tell the truth?
- Do I set a good example by my kindness?