

Need Help Making a Good Confession?

Grades
4-6

Confession is not difficult, but does require preparation.

We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more.

Then we review our lives since our last confession, searching our thoughts, words and actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an examination of conscience.

Kids in Grades 4-6

Family (including school)

What are the things at home that I am not doing, which hurt or upset my mother, my father or my brothers and sisters (selfishness, quarreling, being unkind, not going to bed when I am told, etc.)?

Do I try to be helpful and cheerful at home?

What are the ways I know my teachers are most often displeased with me (stealing, talking back, not doing my work, disturbing others, etc.)?

Friends

What actions of mine hurt my friends (selfishness, stealing, meanness, telling tales, fighting, bullying, refusing to help with children smaller than myself, etc.)?

Do I try to share my things with my friends when they can enjoy them with me?

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?

Do I say my prayers each day?

Helpful Tips

Regarding the number of times I have done something: if what we have done is something big and serious, then obviously the number of times is important. Otherwise, we might pick one way in which we are having the most trouble and ask God and the priest for special help in this area.

It is good to try to tell why we act the way we do. For example, "I was fighting at home because I want all the attention of my father." Finding the reason will help us deepen our consciences as we grow older.



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