

# Need Help Making a Good Confession?

Grades  
2-3

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 2-3

(based on the Our Father)

Our Father who art in heaven,  
hallowed by Thy name.

Do I say my prayers?

Do I pay attention and participate at Mass 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 did 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?



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