
CONFESION

Part 1

Once you have completed watching the online video - www.stcatharine.com/first-confession - here are a few things you can put into practice to begin preparing your child for their first confession.



Teach your child the 10 commandments

The Ten Commandments are God's laws of love for all people.

“The precepts of the Decalogue lay the foundations for the vocation of man fashioned in the image of God; they prohibit what is contrary to the love of God and neighbor and prescribe what is essential to it. The Decalogue is a light offered to the conscience of every man to make God's call and ways known to him and to protect him against evil.” (CCC 1962)

The 10 commandments are guidance from God that, if followed, lead to our ultimate happiness. God does not want to see us get hurt. He instead gives us guidance on how to live our life to the fullest.

I came so that they might have life and have it more abundantly. John 10:10

The Ten Commandments

1. I am the LORD your God: you shall not have strange Gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD'S Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The first three commandments tell us how to love and respect God. The others tell us how to love and respect other people.

The Ten Commandments teach us:

It is right...	It is wrong...
- to pray to God.	- not to pray to God.
- to listen and pray in church.	- to misbehave in church.
- to use God's name with respect.	- to use God's name in the wrong way.
- to go to Mass on Sundays and holy days.	- to miss Mass on Sundays or holy days because of my own fault.
- to listen to and obey my parents and teachers.	- to disobey my parents and teachers.
- to be kind to everyone.	- to hurt others, to fight, or be unkind.
- to be pure in my thoughts, words, and actions.	- to think and do bad things or say bad words.
- to be honest.	- to steal or cheat.
- to tell the truth.	- to lie.

Nightly Examination of Conscience - Act of Contrition

It is good to build the habit of taking time to look at your day and reflecting on the times that you sinned. This can easily be done during nightly prayers before bed. It is a short time spent in silence, where both you and your child go through a short examination of conscience. You can read aloud the prompts below, pausing after each one, or reflect silently. After the time of silence and reflection is complete, pray the Act of Contrition together.

Building this as a habit allows for your child to build their confidence when approaching the Sacrament of Confession for the first time.

An Examination of Conscience (A checklist for children)

1. Using God's name without respect.
2. Being inattentive or disruptive during Mass.
3. Being disrespectful or disobedient to parents or teachers.
4. Saying mean things to others or about others.
5. Teasing or making fun of others.
6. Using bad language or looking at bad pictures.
7. Doing something bad or shameful by oneself or with others.
8. Being selfish.
9. Being prideful.
10. Being jealous or envious of others.
11. Sulking, pouting, or whining.
12. Stealing.
13. Breaking things on purpose.
14. Cheating.
15. Telling lies.
16. Being ungrateful.
17. Being inattentive or disturbing others in class.
18. Not doing, or not finishing, one's homework.
19. Being careless in one's work.
20. Not saying one's prayers.

Act of Contrition

O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishments, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life.
Amen.