

Why go to confession?

During the sacrament of reconciliation we step into the heart of the Good News.

Although it can be embarrassing to tell the priest about all the things we have done wrong, something amazing is happening.

In that moment, we meet Jesus, in the person of the priest. He is waiting to give us the gift of forgiveness so that our hearts can be released from guilt and shame. We are freed to enjoy the really important things in life.

We get the most out of confession when we are honest with ourselves and with God.

Use this leaflet to help you reflect on your life. Use the cards to think about whether they describe your heart. If not, ask yourself why not and write down situations that have compromised your heart.

Writing things down will help you to remember to what say to the priest.

Once you have been to confession, throw this leaflet away. In the same way, Jesus has thrown your sins away from you.

Let's make a start by asking the Holy Spirit to give you the courage to be honest and open to receive the love and forgiveness on offer to you through this sacrament.

Please insert the instructions for students going to confession according to the arrangements you have made with the priests celebrating this sacrament.



Who or what rules your heart?

Please insert the name of your school with any other relevant headline information.

The sacrament of reconciliation

What is my attitude like?



How have I ignored others rather than show them kindness and compassion?



How have I used instead of loved the people in my life?

When have I excluded others rather than make them feel welcome?



How have I neglected these relationships?



When has it been difficult to have healthy and respectful relationships with friends, family and boy/girlfriends?

How have I mistreated nature?

How have I turned away from God?



How have I neglected or put myself down rather than appreciate how God has made me?



Who do I need to forgive?



When have I ignored or refused to help those in need?



How have I been unjust or tried to escape the consequences of my actions?



In what way have I let my emotions take over rather than looked for a peaceful solution to conflict?

What is really important to me?