

# **Lesson 32 – How to Make a Good Confession**

**Grades 6-8**

## **Lesson Preparation:**

Read Lesson 32 in the Baltimore Catechism. Also, be sure to print and copy the sheet for the activity.

## **Opening Prayer:**

Scripture: “My sacrifice, O God, is a contrite spirit; a contrite, humbled heart, O God, you will not scorn.” Psalm 51:19

Leader: Lord, the gift of the sacrament of penance is one of the greatest treasures of the Church. Teach us to receive that sacrament well, and respond to the grace it gives us. Amen.

Together: Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created, and You shall renew the face of the earth. O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit, we may be truly wise and ever rejoice in His consolations, through Christ our Lord. Amen.

## **Opening:**

This lesson is about how to make a good confession. An essential part of that is how we prepare to receive the sacrament, including our examination of conscience. One of the simple ways to examine our conscience is to go through the Ten Commandments and consider how or if we have broken each one. A person can do the same thing with the seven capital sins.

As an opening to this lesson, review with the students the Ten Commandments and the seven capital sins. Be sure students remember what they all mean.

**Watch the Lesson 32 Video on Catholic Brain**

**Comprehension Questions:** *Note: These questions are asked after the video, just to check student comprehension. They are not discussion questions, but be sure students understand the answers to these questions before moving on*

1) What should we do before the sacrament of penance?

*Examine our conscience so we know what to confess, express sorrow and a purpose of amendment to try not to commit these sins again, and pray for a good confession.*

2) How do we begin?

*“Bless me, Father, I have sinned; it has been (how long) since my last Confession.”*

3) What do we confess?

*We must confess all mortal sins. It is good to confess venial sins.*

4) What prayer do we say in the sacrament of penance?

*The Act of Contrition*

5) What do we do when we leave the confessional?

*Our penance. It is also good to thank God for the grace of the sacrament.*

**Discussion Questions:** *Note: These questions are for student discussion. The students should consider these questions and comment on them. There are some key points included in this lesson, after each question, that you can use to help guide their discussion toward truth. It’s important that the students think about and discuss these things, but that they don’t leave the discussion with false impressions about what is true.*

1) Why is it important to make a good confession?

*A sacrilegious confession does not confer the grace of forgiveness. Also, it is important to prepare ourselves to have the right disposition so we are more open to the graces of the sacrament.*

2) Why must we confess all our mortal sins?

*Mortal sins kill the life of grace in the soul. Just one mortal sin is a choice for death over life. By confessing each mortal sin, we ask God to take away the guilt of each and restore us to life.*

3) Why do we receive a penance?

*Sin damages us spiritually. Even when we are forgiven, the wound remains. The penance helps to heal that wound. Although we can not actually make up for our sins, (Jesus did that on the cross) the penance is an opportunity to give something good to God after offending Him through our sin.*

### **Go Deeper:**

An examination of conscience is an important way to prepare for the sacrament of penance. Use the attached examination of conscience and have students reflect as you read through it. Then encourage them to go to confession at the next opportunity.

### **Activity:**

Using the attached worksheet, students can arrange the steps of the sacrament of penance in their proper order, to help them prepare to receive the sacrament.

### **Closing Prayer:**

Leader: We thank You, Lord, for your forgiveness. Never let us be afraid to run to You with our sins. Amen.

Together: Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.