

Catholic Parent – 2 – Confession

In this episode, we explore the consequences of sin—a reality that impacts all families—and God’s desire to welcome us back into right relationship through the Sacrament of Confession. [VIDEOS HERE](#)

NOTES:

Questions for group discussion or personal reflection

- What in this episode resonated with you as a Catholic parent?
- What is your first memory of confession?
- Do you like going to confession? Do you hate it? Why?
- Have you spoken to your children about your own struggles with sin?
 - Are you willing to do this? Why or why not?
- How would you explain to your own children why we need to go to confession?

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Take to Prayer

- Regularly confessing our sins helps us to form our conscience, resist temptation, and grow in the spiritual life. It also helps us to become more merciful. (see CCC1458)
- St. Augustine: “But my sin was this, that I looked for pleasure, beauty, and truth not in Him but in myself and His other creatures, and the search led me instead to pain, confusion, and error.”
- Pray with the parable of the prodigal son. “And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him” (Luke 15:20)

Ideas for living it in your home

For every family

- Privately reflect on your own relationship with confession.
 - When did you last receive this sacrament?
 - If it has been some time since you confessed your sins to a priest, make a point of going soon.

For families with young children

- Teach your children the Jesus Prayer!
- This prayer is a powerful way to reflect on our sins & turn to Jesus for forgiveness:
 - “Lord Jesus Christ, Son of God, have mercy on me, a sinner.”

For families with older children

- Emphasize to your older child that confession is an encounter
 - with a loving, good Father.
- It is an opportunity to receive His gift of mercy and love,
 - and not to fear it like a penalty box.
- St. Therese explained, upon receiving her first Reconciliation,
 - “I came out of the Confessional more joyful & lighthearted than I had ever felt before.”