

In your own words you may ask God to forgive your lack of love. You may also say the following prayer:

God our Father,
I am sorry for having offended you.
Through Jesus, your Son,
forgive my sins.
Make me faithful to your Spirit
so that I may grown in your love.
Amen.

To help you prepare your children for their first confession explain why the following questions help them to identify their sins.

Remember Jesus gave us a law of love : Then, think of your life each day :
have I forgotten to pray to the Lord?
Have I refused to make up with someone after I was angry?

Have I hurt or done wrong to others, for example
by stealing
by not telling the truth
by making fun of others
by fighting with smaller/weaker children
by leading/encouraging others to do something bad
by abusing the environment.

Have I closed my heart to others :
by refusing to help them
by refusing to share
by refusing to forgive them.

Remember: one commits a sin only when one does something one knows is wrong, wants to act anyway, and feels good about having done the action (at the time).