
✠ Explore 4 ✠

CONFESSION AS A FAMILY

Goal: As a family, go to confession

“Confession is an act of honesty and courage – an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God.”

- Pope St. John Paul II

WHAT IS CONFESSION?

Confession is the sacrament in which you confess your sins to a priest, and the priest, as a representative of Jesus, forgives you of your sins.

It's also known as the Sacrament of Penance or Reconciliation.

When we commit a sin against another or God, we are called to go to confession, seek forgiveness and God's grace, and return to communion with God and his Church.

Remember, conversations with the priest are confidential; protected under the seal of confession.

WHERE AND WHEN?

Choose a Catholic church to take your family to Confession. Verify beforehand, but as of April 2026:

- ◆ [St. Barbara](#): Thursday 5 to 5:45 PM and Saturday 4 to 4:45 PM
- ◆ [Sacred Heart](#): Wednesdays 5:00-5:45 PM
- ◆ You can go to any Catholic Church!

Submit your
Explore 4
reflection here.



<https://www.stbarbarachurch.org/explore-4>

PRACTICAL TIPS FOR FAMILY CONFESSION

- ◆ Beforehand, talk about what to expect. For children who have already received confession, it can still feel very vulnerable; reassure your child of God's love and mercy.
- ◆ For younger kids (and those who have not gone through Sacramental Prep), who will only be watching before and after, explain what you personally are doing to prepare, as well as what happens when you are with the priest.
- ◆ Review an Examination of Conscience and encourage note-taking to guide your children.
- ◆ Practice the Act of Contrition together.
- ◆ When your child is given a penance, give them space to pray and think about the priest's words.
- ◆ After confession, let your child ask questions about their experience. Write and submit your family reflection on the experience.

MORE RESOURCES

- ◆ [The Sacrament of Reconciliation Explained](#) a 7-min introductory Youtube video for kids and adults.
- ◆ [Examination of Conscience for Youth, Teens, & Adults](#) from the Archdiocese of Seattle
- ◆ [Prepare for the Sacrament of Reconciliation](#) - a written step by step guide to Confession.

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.