

**RELATED SCRIPTURE
PASSAGES:**

Guilt:
Romans 2:1-13;
Psalms 32:3-5; 38:1-8; 51:1-6

Forgiveness:
Luke 7:36-48;
Psalms 32:1-5; 130;
Daniel 9:9;
Acts 10:43

**Biblical Foundation
for Confession:**
John 20:23;
James 5:14-16

**RELATED CATECHISM OF THE
CATHOLIC CHURCH REFERENCES:**

**Conscience and
Admittance of Guilt:**
1776-1781, 1792, 1794

Sin and Forgiveness:
1846-1851, 2838-2843

Names of the Sacrament:
1423-1424

Who Forgives Sin:
1441-1442

The Burden of Sin:
1432

**RELATED YOUCAT
REFERENCES:**

The section of YOUCAT about the Sacrament of Reconciliation is really wonderful. The questions it answers are good ones. We recommend you read the entire section (224-239) and prayerfully discern how you should use the information with your teens.

How Do I Go to Confession?

SYNOPSIS

Whether this is a refresher or an introduction, this film creatively walks through the Sacrament of Reconciliation in a way that will stick with you.

SUGGESTED USES FOR THIS VIDEO

† Use this film prior to the Sacrament of Reconciliation, in a class about the Sacraments of the Church, or as part of an event/program about sin and forgiveness.

QUESTIONS FOR DISCUSSION

1. What does it mean to ask for forgiveness?
2. Is asking for forgiveness important? Why or why not?
3. Is it hard for you to say the words "I was wrong."?
4. Is it hard for you to say the words "I'm sorry."?
5. Is it hard for you to say the words "Please forgive me."?
6. How are these different?
7. Why is it important to say them all?
8. Why would some be harder to say than others?
9. Have you ever experienced a situation where you didn't want to ask for forgiveness, but once you did you felt relieved? Share.
10. Is it easy or difficult for you to forgive someone?
11. How might your answer to #10 influence your feelings about God's willingness to forgive you?
12. How do you feel about going to the Sacrament of Reconciliation?