

## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
6	2	3	HOLINESS	Confession	18: Making my confession

Use the syllabus framework to complete above. Infants: 20 minutes; Juniors: 30 minutes; Middles & Seniors: 45 minutes  
(Mod. = Module Number, Module Theme - in the heading, Module Title - uppercase in the cell, Lesson Num [NO. column] and Title)

							
Verbal V <input checked="" type="checkbox"/>	Logical L	Spatial S	Kinaesthetic K	Musical M	Intra - personal P1	Inter - personal P2 <input checked="" type="checkbox"/>	Natural N

Tick the appropriate box(es) above [ copy this:  ] for the modes of learning being used in this session.

**Prayer:** O almighty and merciful God, I truly thank thee for the forgiveness of my sins; bless me, O Lord, and help me always, that I may ever do that which is pleasing to thee, and sin no more. Amen.

**Starter:**

*Pray dough confessions.* Children will be invited to take a ball of play dough (pray dough) and to think about something they have done wrong in the past week and recognise that they need God's forgiveness. They will be encouraged to shape the ball of dough into something that represents the thing that they have done wrong. This is not for sharing in the group.

**Learning objectives:**

To understand that confession is part of the process of repentance and that this represents a change of heart with the corresponding changes of behaviour or attitude.

To learn how to make our confession and to experience the healing love and reconciliation of our Saviour

**Core Activities and Learning**

1. The teacher will encourage the children to remember that God created us to live in union with Him. When we sin, we turn away from God. God wants us to come back to Him. The Mystery, or Sacrament, of Repentance allows us to ask forgiveness of God. We are then reunited with Him and are cleansed of our sin. Just as an apology can bring people closer, so too, with God. The teacher will explain to the children that when we make our confession we need to be aware of the fact that confession is part of the process of repentance which is the essence of the Christian life. Repentance is a change of heart usually with corresponding changes of behaviour or attitude. Repentance includes: a) awareness; a) sorrow; c) Confession; and d) struggle to Change. Without Confession, repentance is incomplete. Confession is a verbal acknowledgment of failing to accomplish of what we are called to do and to be.

The teacher will tell the children that confession is the opening of our heart to Christ, and in Christ to our spiritual father. When we make our confession we are really coming to Our Lord Himself, whom the priest represents. We know that in our priest we have a spiritual father who loves us, and who guides us and protects us by his prayer. All this is brought out by the fact that we make our confession standing in front of the icon of Christ and our priest stands with us. He witnesses our confession to Christ our God and, like Christ, he shares our burden.

2. The teacher will explain the formalities of what happens when we make our confession. As the Priest stands in front of the icon of Christ, we approach and stand (or kneel) beside him to his right. The Priest usually begins with prayer. The Priest will then ask what it is that we have to confess to our Lord. We begin then to speak of those sins of which we are aware. When we tell our sins, we must speak from our heart. Each one of us, having our own personality, will vary slightly in the way he or she confesses. Some of us we may weep, others not... but we all should seek to be reverent, heartfelt, repentant, and generally serious. **EMPHASISE TO THE CHILDREN THAT CONFESSION IS ALWAYS SECRET TO THE PRIEST.**

The teacher will explain to children that repentance does not mean just feeling bad about ourselves, but rather changing our mind, or our heart, and this is only possible to the extent that we open ourselves to Christ and experience His Kingdom. We tell our priest the sins and this is like going to the doctor and saying, "This is where I hurt." So we do not conceal anything or excuse ourselves. Whilst discussing how we make our confession and what we need to tell to the priest and how we deal with the things that makes us not feel happy about ourselves, the teacher will draw on children's personal experiences and on their personal, social and emotional development regarding managing their feelings and behaviour.

After we have confessed, our priest may speak to us. The purpose of his fatherly guidance is to help our repentance. He may ask some questions or give us some advice. He may be able to see why we fall into certain sins and tell us how to prevent this happening in the future. Sometimes he will give us a rule of prayers or of things we need to do or avoid. In this way the priest is a like a doctor of hearts and souls prescribing the treatments we need for our healing.

Finally, we bow or kneel and the priest reads over us the prayer of absolution laying his hand on our head. This is a very beautiful action! We are experiencing the healing love and reconciliation of our Saviour.

**3. Colouring pages - Sacrament of Confession, the Prodigal Son and Zacchaeus.**

**Line Drawings:** [https://1drv.ms/f/s!AiWFS1XPHpoKgcImPMT\\_tYha9-DqHQ](https://1drv.ms/f/s!AiWFS1XPHpoKgcImPMT_tYha9-DqHQ)

**Colour Icons:** <https://1drv.ms/f/s!AiWFS1XPHpoKgdJr-uQxYQwSc8a5Q>

**Resources:**

Pictures that illustrate the Sacrament of Confession, pictures that illustrate the Prodigal Son and Zacchaeus, coloured pencils, felt tip pens

**Review:**

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)

**Follow Up:**

Ask the children to be especially aware next week of the need to forgive and to be forgiven.