

Have you wasted money?
Have you thought you are better than other people?
Do you show off?
Do you get mad when people point out your faults?
Do you get angry when you do not get your own way?

Do you waste time?

Have you been lazy in your school work,
or when you have jobs to do at home?

Have you looked at bad things in books
or on the Internet?



Have you eaten too much,
when you are already full?



Do you eat too much junk food,
which can make your body sick or unhealthy?

Have you used swear words?

Are you quiet and respectful around adults, in church,
and at other important times?

**Can you think of any other sins you have done,
which you need to confess before God?**

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All Saints of North America
Orthodox Church

HAMILTON · ONTARIO · CANADA

A GUIDE TO CONFESSION FOR YOUNG PEOPLE

*Practical Questions for Orthodox Christians
preparing for Confession*

When we prepare to confess our sins to God,
we must think about every day that has
passed. **It's sometime hard to remember!**

This booklet includes a list of sins, which can
help you remember things you have done.

Before going to Confession, look through this
list. You might mark it off with a coloured pen.
You might even make a list to take with you.

The priest at Confession will be a witness
before God that you have tried your best to
confess.

The priest is not allowed to tell anyone
about the sins you confess.

When you finish your Confession, the priest
will say a **special prayer**, asking God to
forgive you, and to give you His strength to
help you in your life.



YOU AND GOD



Do you ask God for help when you have a problem?

Do you pray every day?

Do you pray for other people who are in need?

Are you interested in “magic”, or power from the devil?



Have you played games where you try to talk with “ghosts” or “spirits”? This is dangerous.

Have you played games of “fortune telling”?

Do you believe in “luck”, or “unlucky” numbers (13)?

Do you try to do things to become “lucky”?



Do you read the Bible, or ask someone to read it to you each day?

Do you go to Church on Sundays and holy days?

Do you receive Holy Communion regularly?

Have you used the name of Jesus Christ as a swear word?



Have you made fun of people who are faithful Christians?



Do you share with other people who are in need?

YOU AND OTHER PEOPLE

Have you stolen anything?

Do you hate anyone?

Is there anyone you are mad at, and have not yet forgiven?



Is there anyone from whom you need to ask forgiveness for something you have done?

Have you been jealous of other people?

Do you care about other people in need, and try to help them in some way?

Are you honest with other people, both adults and children?



Have you said bad things about anyone?

Have you wished bad things on others?

Have you passed on gossip you heard?

Do you respect and obey your parents?



Have you hit or pushed anyone, to hurt them?



Do you spend time with people who do bad things?

Are you thankful to those who help you?

YOURSELF

Have you been attached to toys, jewelry, or clothing?

Have you been stingy and a lover of money?

Have you been greedy?

