



Catholic Central Activity Guide

Episode 15: Reconciliation

Diving Deeper

- Why do you think confession is such a hard sacrament for some? What about it makes it this way?
- God knows all of our secrets and remains constant in his love for us. How can we learn to accept and emulate God's constant love and forgiveness in our lives? Do we fully love and forgive our friends? Ourselves?
- Who is someone in your life that you can go to when you have something weighing on your chest? What is it about having someone you trust and confide in? How do you think it helps Catholics go to a priest for confession?

Go Forth

- Talk about heroes you have in your life, either people you know personally or someone you would like to emulate. Discuss why you want to emulate them, what good habit do they embody. What have they done to become who they are?
- Look at the 10 Commandments. Assign each individual commandment, talk about ways we see that commandment broken and the natural consequences that result in such behavior. How can we avoid breaking the commandments?



Resources

- [Some of the benefits of confession](#)
- [How to go to confession](#)
- [This book will help you up your confession game](#)

