Questions and Answers for Children and Their Parents

1. Children don’t commit really bad sins, so why would I need to go to confession?

Jesus said, “Let the children come to me, and do not hinder them; for to such belongs the kingdom of heaven.” 3 Jesus gave us confession not as a punishment but as a gift. He wants us all to accept this gift so that we can be close to him and receive the healing and peace that come from his mercy. Making regular use of this sacrament helps us to become holy and to go to heaven.

3. Matthew 19:14
11. What does going to confession do?

The Sacrament of Penance heals our souls when we hurt them by sinning. When we confess our sins to a priest, it is God who hears us and forgives our sins.\(^{18}\) God always forgives us if we are sorry, no matter how big or how many our sins are.

The Bible tells us the story of how Jesus treated a woman who had committed a big sin.\(^ {19}\) She had been arrested, and the people were going to throw rocks at her.

Jesus came and told the people, “Let him who is without sin among you be the first to throw a stone at her.” One by one the people put down their rocks and left.

When only Jesus and the woman were left he told her, “Go, and do not sin again.”

God always forgives us when we ask, but he also asks us to change our behavior. The Sacrament of Penance helps us with this.\(^ {20}\)