



# Youth Confession Activities



## Week 1

What is Confession? In church world it is related to sin, things we have done that separate us from God. The definition in the Oxford dictionary is: *An admission or acknowledgment that one has done something that one is ashamed or embarrassed about.*

Take a few minutes and think about things you have done that are wrong, sins, ashamed of or embarrassed about. Who can really say they have nothing to confess?

Why would the practice of Confession move us closer to Christ? Help move us toward "Perfection"?

If you have bathroom scales in your house get them. Gather some books and for everything you thought of that is a sin, etc., put a book on the scales. When you are finished stacking books on the scales, look at the weight that is registering, WOW. This is weighing you down!! God will forgive you if you ask. We need to confess our sins and God will be faithful by forgiving you. Don't let these sins keep weighing you down. God does not want you to live this way.

*But if we own up to our sins, God shows that He is faithful and just by forgiving us of our sins and purifying us from the pollution of all the bad things we have done. 1 John 1:9 The Voice*

## Week 2

Admitting we are wrong is not easy for anyone. Admitting we have hurt someone with our actions, words, pictures or posts is also not easy. Confessing this action is not easy at all. Think about your past week. Did you say or do something that hurt a friend or family member? Do you have the courage to go to that person and confess you were wrong? Could you text or write them that you were wrong? Part of confessing makes us accountable to those around us. Being accountable to each other makes our relationships stronger. This week practice Confession with the person you hurt last week.

## Week 3

Confession Jar – Sometimes we need a visual reminder of wrong things we have done by our words or actions. Get an empty jar to keep in your room. Decide what to use to put in the jar to represent these actions. It can be slips of paper, rocks, marbles, etc. During this month while our focus continues on Confession try to find time each day to think about your actions and words and for everyone that needs a confession, put an item in your jar. Confess these actions to God with all sincerity asking His help that you do not do this again. For each one you confess, remove an item from the jar. Let this help you practice confessing your sins and see how trying to keep the jar empty lets God free you from the bad things you have done. Try to confess to the person you hurt also. God's love for you will help you with this practice.

## Week 4

Below is taken the United Methodist Holy Communion Liturgy. (What we say before we take communion each month during worship) Read this part of the Communion service:

### **CONFESSION AND PARDON.**

*Merciful God, we confess that we have not loved you with our whole heart. We have failed to be an obedient church. We have not done your will, we have broken your law, we have rebelled against your love, we have not loved our neighbors, and we have not heard the cry of the needy. Forgive us, we pray. Free us for joyful obedience, through Jesus Christ our Lord. Amen.*

### **Leader to people:**

*Hear the good news: Christ died for us while we were yet sinners; that proves God's love toward us. In the name of Jesus Christ, you are forgiven!*

Have you thought about what you are saying in this public confession? Since the focus this month has been the Practice of Confession, it is good to look at what we believe. The top part is gloomy but keep reading, **In the name of Jesus Christ you are forgiven!**

The Practice of Confession is not one we all enjoy. It makes us uncomfortable. It makes us acknowledge that we are not perfect. Know that this Practice helps you become accountable to others and brings you closer to God's plan for your life. Take a few minutes and write down the successes you experienced this month learning about this Practice. Also, write down ways you can get better at the Practice of Confession. Ask God to help you with this list.