

Station 1

Step	Examination of Conscience
Description	When we reflect on our past sins, asking the Holy Spirit to show when and how we have hurt God and others through our actions
Food	Hot Seat Cinnamon

Group	Below, explain how this treat makes you feel similar to this stage of Confession.
Group 1	
Group 2	
Group 3	
Group 4	
Group 5	

## Station 2

Step	Contrition
Description	Being sorry for your sins and making a commitment to sin no more
Food	Sour Patch Sorry

Group	Below, explain how this treat makes you feel similar to this stage of Confession.
Group 1	
Group 2	
Group 3	
Group 4	
Group 5	

## Station 3

Step	Confession of Sins
Description	Telling Jesus (through the priest) your past sins, which the Holy Spirit showed you during your Examination of Conscience
Food	Please Forgive Me Pop Rocks

Group	Below, explain how this treat makes you feel similar to this stage of Confession.
Group 1	
Group 2	
Group 3	
Group 4	
Group 5	

## Station 4

Step	Penance
Description	The priest will give you a prayer, task, or action to complete in order to show Jesus that you love Him and are sorry.
Food	Refreshing Acts Mints

Group	Below, explain how this treat makes you feel similar to this stage of Confession.
Group 1	
Group 2	
Group 3	
Group 4	
Group 5	

## Station 5

Step	Absolution
Description	The priest will say the words of absolution, giving you the grace of Jesus' forgiveness
Food	Melt Away Our Sins Chocolate

Group	Below, explain how this treat makes you feel similar to this stage of Confession.
Group 1	
Group 2	
Group 3	
Group 4	
Group 5	