

## EXAMINATION OF CONSCIENCE

1. I am the Lord your God. You shall not have strange gods before me.

- Do I pray to God each day?
- Do I try to love God with my whole heart?
- Do I make things like sports, TV, video games, playing and doing what I want more important than what I am supposed to do?
- Do I make a good effort to learn my prayers and my religion lessons?
- Have I denied that I believe in God or that I am Catholic?

2. You shall not take the name of the Lord your God in vain.

- Have I used God's name carelessly without reverence and love?
- Have I held onto feelings of anger with God?
- Have I been careless with something that is blessed or sacred?

3. Remember to keep holy the Lord's Day.

- Have I missed Mass on Sundays or Holy Days without a very good reason (such as illness)?
- Do I respond and sing at Mass?
- Do I pay attention at Mass or do I do things that distract myself and others?
- Do I regularly arrive at church late or leave early without a good reason?
- Do I make Sunday a day of rest and joy for my family or treat it as a day of work?

4. Honor your father and mother.

- Do I pay attention to my parents, priests and teachers when they talk to me about God?
- Do I "talk back" to my mom, dad or anyone in charge of me?
- Am I respectful toward those who are in authority over me and ask for forgiveness when I fail at this?
- Do I obey my parents and teachers quickly and cheerfully, or must I be reminded many times?
- Do I obey the rules of my home and school?

5. You shall not kill.

- Have I been unkind to anyone?
- Have I hurt anyone on purpose?
- Have I excluded others without a good reason?
- Have I made fun of or spoken unkindly to anyone?
- Have I spoken badly about others behind their back?
- Do I take care of my health by eating and sleeping well and getting exercise?
- Have I forgiven people, or am I holding a grudge against someone?

6. You shall not commit adultery.

- Have I watched TV programs or videos that my parents have told me not to watch or that I know wouldn't please God?
- Do I say bad words like swear words?
- Have I told or listened to bad jokes or stories that did not respect another person?
- Am I modest in my speech and in the clothes that I wear?

7. You shall not steal.

- Have I stolen what is not mine?
- Have I given back what I have borrowed?
- Have I wasted time at home or school?
- Have I cheated in school or in a game?
- Do I fail to do my homework or do I do it poorly on purpose?
- Do I break things or treat things carelessly or wastefully?

8. You shall not bear false witness against your neighbor.

- Have I lied about anything?
- Have I said things about people that are not true?
- Have I told another person something I was supposed to keep a secret?
- Do I tell lies to make myself look good? To avoid punishment? To get others in trouble?

9. You shall not covet your neighbor's wife.

- Do I keep good thoughts in my mind about others that are respectful and pure?
- Do I turn away from things on TV and movies that might show people not respecting each other?
- Do I allow my parents to spend time with one another, or do I get jealous and want them to only focus on me?
- Do I get upset when I have to share my friends?
- 10. You shall not covet your neighbor's goods.
- Do I want too much the things or talents that others have?
- Am I willing to share my things with others, or am I selfish and want them only for myself?
- Am I happy with what I have and thank God and my parents for all they have given me?

