

## Examination of Conscience for Elementary Grades

**You shall love the Lord, your God, with all your heart, with all of your soul, and with all your strength**

**1. *I am the Lord, your God; you shall not worship other gods.***

- Is there anything or anyone more important for me than God? Do I pray every single day? Do I start and finish the day with prayer?

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

- Have I spoken about God, or used the name of God or Jesus or Mary, carelessly or without thinking?

**3. *Keep holy the Lord's Day.***

- Have I asked my parents to take me to Mass on Sundays and Holy Days? Have I made a fuss about going to Mass? Have I tried to pay attention to what is going on at the altar when I am at Mass? Do I talk and joke with others when I am at Mass? Do I chew gum or eat at Mass? Am I careful to kneel, sit or stand at the right times?

**You shall Love your neighbor as yourself**

**4. *Honor your father and your mother.***

- Have I always obeyed my parents and done what they told me to do? Have I obeyed right away? Do I follow my parents' rules? Do I tell them "*thank you*"? Do I show them love, affection, and respect? Have I fought or argued with my brothers or sisters? Do I respect and obey my teachers? Do I complete my homework and chores to the best of my ability?

**5. *You shall not kill***

- Have I been mean to others? Do I bully others? Do I say mean and nasty things to others? Do I insult or make fun of others or try to hurt others by my words or actions? Do I hit others in order to hurt them? Do I refuse to forgive someone?

Do I lead others in not being friends with someone I do not like? Do I lose my temper and get mad? Do I yell out of anger?

**6. You shall not commit adultery.**

- Do I take good care of my body? Do I eat the right foods? Do I bathe regularly? Do I dress appropriately for the weather? Do I respect my friends? Do I respect my friends' personal space? Do I treat everyone as though they are a Child of God?

**7. You shall not steal.**

- Have I taken anything that did not belong to me without asking permission? Did I return what I took? Was it at least in the same condition as when I borrowed it? Have I taken something that should have gone to someone else? Have I cheated on a test? Have I cheated on a game or changed the rules in the middle to give me an advantage?

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

- Have I told lies? Have I told lies to hide what I have done wrong? Have I said things to make myself look better to others? Have I told lies to hurt others? Do I love the truth? Have I broken promises?

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

- Am I jealous or envious of my friends? Do I continue to do things even after I have been told "No"? Do I get into other people's business? Do I respect other people's privacy? Am I careful about sharing information about myself and about my family?

**10. You shall not covet your neighbor's property?**

- Do I want to have the things others have? Am I jealous of people who have lots of things? Is it hard for me to share my things? Do I constantly ask my parents for new things? Am I content with what I have or do I always want more? Am I grateful for the things that I do have? Do I judge people by the clothes they wear or the condition of the things they have? Do I go out of my way to make friends with people who don't have nice clothes or nice things?