

**Ninth Commandment:**  
*You shall not covet your neighbor's wife.*

Do I always act on my feelings? Should I?

Do I try not to give in to temptation?

Do I pray for strength and guidance in making good choices?

Have I been responsible about the things I want?

Do I stay away from things and people who do not value human sexuality?

Do I try to show my feelings in a respectful way?

Do I try to do the things God wants me to do?

In what ways do I practice the virtue of modesty?

**Tenth Commandment:**  
*You shall not covet your neighbor's goods.*

Do I wish that I had things that belong to others?

Am I sad when others have things that I would like?

Do I trust in God?

Am I willing to share with others?

When I get money as a gift or for my allowance, do I give some of it to the poor and needy in my community?

Am I happy with what I have or am I always asking for more things?

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## LIVING GOD'S LAWS

When we examine our conscience we can thank God for giving us the strength to make good choices. Reflecting on the choices we have made helps us to make choices that bring us closer to God.

Take a few moments to think quietly and prayerfully about ways you follow each of the commandments.

### First Commandment:

I am the LORD your God: You shall not have strange gods before me.

Do I try to love God above all things?

Do I really believe in, trust, and love God?

Do I pray to God sometime each day?

How do I encourage others to trust in God?

How do I take an active part in the worship of God, especially in the Mass and the other sacraments?

How do I try to learn more about the Catholic faith?

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### Eighth Commandment:

You shall not bear false witness against your neighbor.

Have I spoken and acted upon my belief in Jesus?

Have I trusted in God's Word?

Have I been true to the teachings of the Catholic faith at home and in school?

Have I taken responsibility for my words and been truthful?

Have I respected the privacy of others?

Have I done the things I said I would do?

Have I made promises that I did not keep?

Have I thanked those who are trustworthy and faithful?

**Seventh Commandment:**  
**You shall not steal.**

- Have I cared for the gifts of creation?
- Have I taken care of my belongings?
- Have I taken things that do not belong to me?
- Have I respected the property of others?
- Have I been honest in taking tests and playing games?
- Have I shared what I have with those who are in need?
- Have I worked with my family, parish, or school to care for those who are poor or to make their lives better?
- Have I performed Works of Mercy?

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**Second Commandment:**  
**You shall not take the name of the LORD your God in vain.**

- Do I respect God's name and the name of Jesus?
- How have I used God's name?
- Have I called on God and asked him to be with me?
- How do I use the names of Mary and all the saints?
- Have I respected the names of my family members, friends, and teachers?
- Do I have respect for all the places where God is worshiped?
- How do I act when I am in church?

**Third Commandment:**  
**Remember to keep holy the LORD's Day.**

- How have I kept the Lord's Day holy?
- What do I do to participate in Mass every Sunday?
- On Sundays in what ways have I:
  - rested and relaxed?
  - shared time with my family?
  - helped others?
  - remembered God?
  - praised and thanked God?

## Fourth Commandment:

*Honor your father and your mother.*

- Do I obey my parents in all that they ask of me?
- Have I thanked my parents or guardians for all that they do?
- Do I respect my brothers and sisters?
- Do I help them?
- Do I settle disagreements without fighting or arguing?
- Do I obey my grandparents and respect them?
- How have I showed respect for older people?
- Do I obey my teachers and others in authority?
- Do I obey police officers, crossing guards, firefighters, and other officials?
- Have I followed the laws of my city, state, and country?

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## Fifth Commandment:

*You shall not kill.*

- Have I respected the dignity of all people?
- Have I shown by my actions that all people have the right to life?
- Have I lived each day in a healthy way?
- Have I done anything that could harm myself or others?
- Have I spoken out against violence and injustice?
- Have I lived in peace with my family and neighbors?

## Sixth Commandment:

*You shall not commit adultery.*

- Do I appreciate the differences among my classmates and family members?
- Do I honor myself as special and created by God?
- Do my actions show love and respect for myself and others?
- Do I use my body in responsible and faithful ways?
- In what ways do I express my affection for my friends and family?
- Do I value my friendships?