

# An Examination of Conscience For Kids

## **1. I am the Lord your God. You shall have no other gods before me .**

Do I pray everyday?

Do I put my trust in superstitions, good luck charms, rather than God alone?

Do I worship only God?

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

Have I used the words "God" or "Jesus" to someone because I was mad?

Have I used bad words?

## **3. Remember to keep holy the Lord's day.**

Have I missed services on Sunday?

Do I pay attention during services?

Do I make it hard for others to hear or pay attention?

Do I avoid unnecessary work on Sunday?

Do I make Sunday a day of prayer and rest?

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

Do I obey my parents?

Have I mistreated them by what I say or what I do?

Am I willing to help around the house?

Do I try to get along with my brothers and sisters? Am I a tattletale or bully?

Do I give a good example, especially to younger brothers or sisters?

Do I obey others that I should like teachers, police, old people, baby-sitters?

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

Do I beat up others or hurt their bodies?

Do I say mean things, or make fun of others to hurt their feelings?

Do I say mean things about others behind their backs?

Have I stopped speaking to anyone?

Do I encourage others to do bad things?

Have I wished bad things to happen to anyone?

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

Do I treat my body and other people's bodies with respect?

Do I look at television shows, movies, or pictures that are bad?

Do I speak nicely to others?

### **7. You shall not steal.**

Have I taken things that were not mine from a store or another person?

Have I ruined another person's property for fun?

Do I return things that I borrow? In good condition?

### **8. You shall not lie.**

Am I honest in my school work?

Do I cheat or copy other people's work

Do I tell lies to make myself look good?

Do I tell lies to protect myself from punishment?

Do I tell lies that make another person look bad or get them in trouble?

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

Do I allow my parents to spend time with one another?

Do I get jealous and want my parents to pay attention only to me?

Do I get mad when I have to share my friends?

Are there kids I will not play with or be mean to because they look different?

### **10. You shall not covet your neighbor's goods.**

Am I jealous or envious of the things my friends have?

Am I jealous because my friends can play sports better than I can?

Am I thankful to God and my parents for what they have given me?

Do I share the things I have with my family, friends and poor people?

## **Tips for Kids**

Things to remember when visiting God's house:

- \* The sanctuary is a sacred place. Always show respect for God and the church.
- \* Do not talk during service.
- \* Do not bring games or toys to church.
- \* Try to go to the restroom before church. If you must go during service, leave by the back door and be as quiet as possible.
- \* Do not stand on the seats or put your feet on the back of the pew in front of you.
- \* Take your bulletin and other papers with you after the service.
- \* Always walk in the sanctuary.
- \* Do not eat food or candy, chew gum or take anything to drink into the sanctuary.
- \* Take good care of church property and buildings.
- \* Be kind to other people.
- \* Be a good listener in group.