

An Examination of Conscience for Children
Using the 10 Commandments

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

Have I wanted more things, making things or money more important than God?

Have I made an idol of sports or entertainment figures?

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

Do I use God's name carelessly?

Do I use God's name in anger?

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

Did I attend Mass on Sunday?

Did my behavior make it difficult or impossible for my parents to get to church on time?

Have I remembered to pray daily?

4. Honor your father and your mother.

Do I obey my parents?

Have I done my chores without complaining?

Do I do my chores without being reminded?

Have I been disrespectful to teachers, coaches or others in authority?

5. You shall not kill.

Do I keep my patience or do I lose my temper?

Do I hold grudges and try to get even with others?

Have I been unfair to others, especially those who are different than I am?

6. You shall not commit adultery.

Do I show respect for my body?

Do I respect the bodies of others?

Do I avoid harmful things like drugs, tobacco and alcohol?

7. You shall not steal.

Have I taken something that belongs to someone else?

Have I "forgotten" to return something that I borrowed?

Have I used money responsibly?

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

Do I play fairly or do I ever cheat at school or games?

Have I been honest or have I lied?

Have I hurt someone by what I have said or done?

Have I copied someone else's homework?

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

Have I been jealous of the friends that someone else has?

Have I tried to be kind to others?

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

Have I been jealous of the things that my friends have?

Have I nagged my parents into buying things because my friends have them?

Have I helped others when they needed help?

Taken from Seven Frequently Asked Questions About Children and the Sacrament of Reconciliation, written for the Archdiocese of Milwaukee by Kathleen D. Beuscher, 2010

An Examination of Conscience for Children using The Lord's Prayer

Our Father who art in heaven, hallowed by Thy name.

· Do I think about God every day? Do I say my prayers?

· Do I pay attention and participate at Mass?

Thy kingdom come, Thy will be done on earth as it is in heaven.

· Am I kind to others?

· Do I do what Jesus wants me to do?

· Do I share with others?

· Am I helpful to my family?

· Do I show respect to my teachers and classmates?

Give us this day our daily bread

· Do I remember to say thank you?

· Am I sometimes greedy?

· Do I appreciate the good things I have in my life?

· Do I think of ways to help those who have no food?

· Do I take things that don't belong to me?

Forgive us our trespasses as we forgive those who trespass against us.

· Do I say I'm sorry when I have been wrong?

· Do I forgive and forget when someone does something bad to me?

· Do I help solve problems between my friends or do I cause more trouble?

· Do I say bad things about people who have hurt me?

Lead us not into temptation, but deliver us from evil

· Do I play fairly in sports and games?