

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?

**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

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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?