

I. I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.

- Do I give time every day to God in prayer?
- Do I put my trust in superstitions, good luck charms, rather than God alone? Have I rejected any Church teaching or denied that I was a Catholic?

II. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.

- Have I used the words “God” or “Jesus” in anger or irreverently?
- Have I used foul or ugly language? Have I wished evil on another?

III. REMEMBER TO KEEP HOLY THE LORD’S DAY.

- Have I missed Mass on Sunday or any holy day of obligation?
- Do I arrive at church late or leave early?
- Do I try to be reverent and pay attention during Mass? Do I avoid unnecessary work on Sunday?
- Do I make Sunday a day of prayer or rest?

IV. HONOR YOUR FATHER AND YOUR MOTHER.

- Do I respect and obey my parents?
- Have I dishonored or mistreated them by word or deed?
- Am I willing to help around the house or must I be nagged a hundred times? 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 siblings?
- Do I respect others in authority: priests, nuns, police, old people, baby-sitters?
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V. YOU SHALL NOT KILL.

- Do I beat up others or hurt their bodies?
- Do I say cruel 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?
- Do I try to love all people, born and unborn?

VI. YOU SHALL NOT COMMIT ADULTERY.

- Do I treat my body and other people’s bodies with purity and respect?
- Do I look at television shows, movies, or pictures that are bad?
- Am I modest in my speech and the clothes I wear?

VII. YOU SHALL NOT STEAL.

- Have I taken things that were not mine from a store or another person?
- Have I destroyed or misused another person’s property for fun?
- Do I return things that I borrow? In good condition?

VIII. YOU SHALL NOT COMMIT FALSE WITNESS AGAINST YOUR NEIGHBOR.

- Am I honest in my school 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?

IX. YOU SHALL NOT COVET YOUR NEIGHBOR’S WIFE.

- Do I allow my parents to spend time with one another, or do I get jealous and want them 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?

X. YOU SHALL NOT COVET YOUR NEIGHBOR’S GOODS.

- Am I jealous or envious of the things or abilities that others have?
- 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?
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**EXAMINATION
OF
CONSCIENCE**

**FOR
CHILDREN**

THE ACT OF CONTRITION

**Oh my God, I am heartily
sorry for having offended
you and I detest all my sins
because I dread the loss of
heaven and the pains of hell,
but most of all because they
offend you, my God, who are
all good and deserving of all
my love. I firmly resolve with
the help of your grace to sin
no more, and to avoid the
near occasion of sin.**

Amen.