

EXAMINATION OF CONSCIENCE FOR CHILDREN

To prepare for the Sacrament of Penance, we think about the 10 Commandments. We ask ourselves if we have faithfully kept each one.

We ask the Holy Spirit to help us remember our sins.

1. **GOD COMES FIRST:** Did I pray each day? Did I act with respect in Church? Did I participate at mass?
2. **GOD'S NAME IS HOLY:** Did I always use God's Name in the right way? Did I treat and talk about holy things properly?
3. **GOD'S DAY IS HOLY:** Did I go to Mass on Sundays and Holy Days? Did I miss Mass through my own fault?
4. **HONOR YOUR FATHER AND MOTHER:** Did I obey my parents? Did I treat them with respect? Was I obedient and respectful to my teachers, priests, and others in authority?
5. **DO NOT KILL:** Have I been kind to my brothers and sisters, friends and people in my classroom by not hitting or hurting their bodies? Did I harm anyone's reputation by hurtful, cruel words?
6. **BE PURE:** Were my thoughts, words and actions good and pure? Have I been careful to watch only good movies, shows and things on the computer? Have I been careful in what I have listened to and what I have said? Have I dressed and acted modestly?
7. **DO NOT STEAL:** Have I always been honest? Did I take what didn't belong to me? Did I return what I borrowed or found? If I broke something, did I fix or replace it? Did I cheat on my homework or tests?
8. **DO NOT LIE:** Have I always told the truth? Have I said or repeated anything hurtful about anyone that was not necessary to say? Was I quiet about something when I should have told the truth?
- 9&10. **DO NOT WANT YOUR NEIGHBORS THINGS:** Have I been satisfied with what I have? Have I been jealous of another's things, toys or belongings? Have I begged from my family and friends for what they have and what I want? Am I thankful for what I have?