

Grade 7: Session 3

January 18

Examination of Conscience

We examine our conscience to help us live as children of God and followers of Jesus. We ask ourselves how well we are living or not living as Jesus taught us. We think about the Ten Commandments, the Beatitudes and what the Church teaches us. We can ask ourselves questions like these:

-  How am I showing or failing to show my love and respect for God?
-  Do I spend time with God in Prayer? Do I listen reverently to God's word at Mass?
-  Do I speak God's name or Jesus' name inappropriately when I am angry or to impress my friends?
-  How am I showing or failing to show my love and respect for other people and for myself?
-  Do I respect my parents, teachers, and others who have the responsibility to care for me? Do I cooperate with them and obey them?
-  Do I care for my health and follow safety rules?
-  Do I treat other people fairly and with kindness? Or have I been mean to others?
-  Am I generous? Do I share what I have with others, especially people in need? Or have I been greedy?
-  Am I truthful? Or have I lied to get out of trouble or get someone else into trouble?



The Ten Commandments (Deuteronomy 5:1-21)

The Ten Commandments are a guide to help us examine our conscience.

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep Holy the Sabbath day.
4. Honor your Father and your Mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

Reflection on the Beatitudes (Matthew 5:3-12)

- **Blessed are the poor in spirit, for theirs is the kingdom of heaven.**
(Be satisfied with what you have. Share the good things we have with others because God wants us to.)
- **Blessed are they who mourn, for they will be comforted.**
(Comfort those who are suffering. Help others feel better about themselves after a loss.)
- **Blessed are the meek, for they will inherit the land.**

(Humility-a true sense of who you are. Get the ego out of the way.)

- **Blessed are they who hunger and thirst for righteousness, for they will be satisfied.**
(Do what is fair for everyone. Think WWJD)
- **Blessed are the merciful, for they will be shown mercy.**
(We forgive those who are unkind to us. Look for ways to show kindness to others.)
- **Blessed are the clean of heart, for they will see God.**
(We do what is right just because we know it is the right thing to do.)
- **Blessed are the peacemakers, for they will be called children of God.**
(We try to bring God's peace to the world. We control our behavior so people can see Jesus in us.)
- **Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.**
(We are willing to stand up for God's laws even if we are teased or insulted.)