

AN EXAMINATION OF CONSCIENCE FOR CHILDREN & YOUTH

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

- o Do I give time every day to God in prayer?
- o Do I put my trust in superstitions, good luck charms, rather than God alone?
- o 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.

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

III. Remember to keep holy the Lord's day.

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

IV. Honor your father and your mother.

- o Do I respect and obey my parents?
- o Have I dishonored or mistreated them by word or deed?
- o Am I willing to help around the house or must I be nagged a hundred times?
- o Do I try to get along with my brothers and sisters?
- o Am I a tattletale or bully?
- o Do I give a good example, especially to younger siblings?
- o Do I respect others in authority: priests, nuns, police, old people, babysitters?

V. You shall not kill.

- o Do I beat up others or hurt their bodies?
- o Do I say cruel things, or make fun of others to hurt their feelings?
- o Do I say mean things about others behind their backs?

- o Have I stopped speaking to anyone?
- o Do I encourage others to do bad things?
- o Do I try to love all people, born or unborn?

VI. You shall not commit adultery.

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

VII. You shall not steal.

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

VIII. You shall not commit false witness against your neighbor.

- o Am I honest in my school work?
- o Do I tell lies to make myself look good?
- o Do I tell lies to protect myself from punishment?
- o Do I tell lies that make another person look bad or get them in trouble?

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

- o 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?
- o Do I get mad when I have to share my friends?
- o 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.

- o Am I jealous or envious of the things or abilities that others have?
- o Am I thankful to God and my parents for what they have given me?
- o Do I share the things I have with my family, friends and poor people?