

AN EXAMINATION OF CONSCIENCE using the 10 Commandments

Come, Holy Spirit, give me Your light to see what sins I have committed. Give me Your help so that I will be sorry for my sins. Show me why I sinned and help me never to sin again.

1st COMMANDMENT

YOU SHALL NOT HAVE STRANGE GODS BEFORE ME

- † Do I make things (toys, games, clothes...) more important than God?
- † Have I made an idol of sports players, movie stars, or other famous people?
- † Have I neglected my daily prayers or have I said them badly?

2nd COMMANDMENT

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

- † Do I use God's name and the names of Jesus, the Blessed Mother, or the saints with love, or with disrespect, or in anger?

3rd COMMANDMENT

REMEMBER TO KEEP HOLY THE LORD'S DAY

- † Did I try my best to honor God at Mass?
- † Did I remind my parents that we must go to Mass?
- † Did my behavior make it difficult for my parents to get to Mass on time?
- † Did my behavior make it difficult for others to pray?

4th COMMANDMENT

HONOR YOUR FATHER AND YOUR MOTHER

- † Do I obey my parents and others who care for me?
- † Was I mean to them, or did I answer back?
- † Do I do my chores without complaining?
- † Do I do my chores without being reminded?
- † Do I respect all those who have rightful authority?
(priests, teachers, the principal, police, coaches)
- † Did I make fun of my parents or of old people?

5th COMMANDMENT

YOU SHALL NOT KILL

- † Do I get angry and try to get even with others?
- † Do I bully others?
- † Do I tease others and make them feel badly?
- † Do I hate anyone?

6th COMMANDMENT

YOU SHALL NOT COMMIT ADULTERY

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9th COMMANDMENT

YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE

- † Do I show respect for my body and for the bodies of others?
- † Do I read "good for me" books and watch "good for me" movies, or do I read bad books and watch bad movies?
- † Have I been envious of the friends that someone else has?
- † Have I been envious of the talents or the appearance of someone else?

7th COMMANDMENT
YOU SHALL NOT STEAL

- † Have I taken something that belongs to someone else?
- † Have I forgotten (on purpose) to return something that I borrowed?
- † Did I keep something that I found instead of trying to find the owner?
- † At school or in class, have I copied someone else's work?
- † Do I play fairly or do I cheat at school or games?

8th COMMANDMENT
YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR

- † Have I told the truth or have I lied?
- † Have I hurt someone by what I have said about them?
- † Do I lie to avoid punishment?

10th COMMANDMENT
YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS

- † Have I been envious 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?