

## **AN EXAMINATION OF CONSCIENCE**

(organized using the Ten Commandments)

Come, Holy Spirit, give me Your light to see my sins, and give me Your help to be sorry for them. Show me why I sinned. Help me never again to sin on purpose.

*Now examine your conscience, to find out your sins and how often you have committed them.*

### **1<sup>st</sup> 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?

### **2<sup>nd</sup> 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?

### **3<sup>rd</sup> 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?

### **4<sup>th</sup> 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?

### **5<sup>th</sup> 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?

**6<sup>th</sup> COMMANDMENT**  
**YOU SHALL NOT COMMIT ADULTERY**

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**9<sup>th</sup> 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 jealous of the friends that someone else has?
- † Have I been jealous of the talents or the appearance of someone else?

**7<sup>th</sup> 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?

**8<sup>th</sup> 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?

**10<sup>th</sup> COMMANDMENT**  
**YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS**

- † Have I been jealous 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?

ACT OF CONTRITION

O 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 confess my sins, to do penance, and to amend my life. Amen.