

## I

**I am the LORD your God: you shall not have strange gods before me.**

- \*Do I pray everyday?
- \*Have I read or watched something that made me doubt my faith?
- \*Have I put TV, video games, sports, friends or other things before my relationship with God?
- \*Do I value things more than God?
- \*Have I denied that I was Catholic?
- \*Have I trusted in good luck charms or superstitions?

## II

**You shall not take the name of the LORD your God in vain.**

- \*Have I used the name of God or Jesus in an angry or bad way?
- \*Have I used bad words purposely or carelessly?
- \*Have I made promises that I did not intend to keep?
- \*Have I make fun of holy people or holy things?
- \*Have I wished evil on another person?

## III

**Remember to keep holy the LORD's Day.**

- \*Have I tried to get out of going to Mass on Sunday or any Holy Day of Obligation?
- \*Do I try to pay attention during Mass?
- \*Have I distracted others during Mass by my words or behavior?
- \*Do I make Sunday a day of prayer and rest?

## IV

**Honor your father and your mother.**

- \*Have I been disrespectful to my parents or teachers?
- \*Have I been disobedient?
- \*Have I failed to listen to my parents when they speak to me?
- \*Have I been helpful around the house?
- \*Have I tried to get along with my brothers and sisters?
- \*Have I been grateful to my parents for all they do for me?

## V

**You shall not kill.**

- \*Have I purposely hurt someone by what I did or said to them?

\*Have I chosen to hate someone?

\*Have I said mean things about another person or about myself?

\*Have I stopped speaking to anyone because I was mad at him or her?

\*Have I encouraged others to do bad things or say bad things?

\*Have I given a bad example to others by what I said or did?

## VI

**You shall not commit adultery.**

- \*Have I treated my own body with respect?
- \*Have I treated the bodies of other people with respect, remembering that they are persons and not objects?
- \*Have I looked at television shows, movies or pictures that I should not have?
- \*Have I repeated or listened to dirty stories or jokes?
- \*Have I done something impure alone or with others?
- \*Have I treated my friends like possessions, to be used or discarded as I chose?

---

## VII

### **You shall not steal**

- \*Have I stolen anything? What was it?
- \*Have I ruined another person's property?
- \*Have I borrowed something and then chosen to keep it for myself?
- \*Have I misused or wasted the things that have been given to me for my use at home, at school, or anywhere else?

## VIII

### **You shall not bear false witness against your neighbor.**

- \*Have I lied? Who did I lie to?
- \*Have I talked about others when they were not around?
- \*Do I try to get others in trouble?
- \*Have I cheated or copied from someone else's work in school?
- \*Have I tried to cover up the truth because I was afraid of what others might think or say about me?

---

## IX

### **You shall not covet your neighbor's wife.**

- \*Do I allow my parents to spend time together, or am I only happy when they pay attention to me?
- \*Do I force my friends to play with me?
- \*Am I unwilling to let my friends have other friends?
- \*Do I treat my friends like I own them?
- \*Am I jealous of others because they play with the people I want to play with?

## X

### **You shall not covet your neighbor's goods.**

- \*Have I been jealous of the belongings or talents of others?
- \*Am I thankful to God and my parents for what they have given to me?
- \*Do I share the things I have with my family, friends and poor people?

*"It is not the sinner who comes back to God to ask his pardon, but God himself who runs after the sinner and who brings him back to himself."*

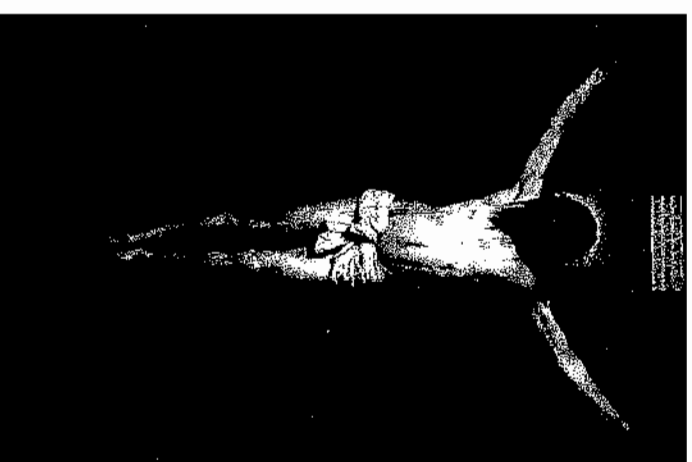
*-St John Vianney - Curé d' Ars*

---

# Examination of Conscience

For Children

---



*Come, Holy Spirit,  
fill the hearts of your faithful  
and enkindle in them  
the fire of your love.*