

## Examination of Conscience for Children Using the Ten Commandments

**1. I am the Lord your God. You shall not have strange Gods before Me.**

Have I made things, money, sports, or any activity more important than following Jesus?

Do I believe in superstition or magic? Do I pray every day?

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

Did I misuse God's name, swear, or curse others? Did I use God's name in anger?

**3. Remember to keep holy the Lord's Day.**

Did I attend Mass on Saturday evening or Sunday?

Did my behavior make it difficult or impossible for my family to get to church on time?

**4. Honor your Mother and Father.**

Do I obey and show respect to my parents, teachers, and others in authority?

Have I done my chores without complaining?

**5. You shall not kill.**

Am I kind to others?

Do I keep my patience or do I lose my temper with others? Do I use physical violence?

Do I hold grudges and try to get even with others?

Do my words, deeds, or attitudes hurt or tear others down?

**6. You shall not commit adultery.**

Do I treat my body with respect? Do I respect the bodies of others?

Do I avoid harmful things like drugs, tobacco, and alcohol?

Do I avoid impure pictures, TV shows, movies, websites, words, and actions?

**7. You shall not steal.**

Have I taken something that belongs to someone else? Have I returned things that I have borrowed?

Do I waste possessions or natural resources? Am I kind to animals?

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

Have I been honest or have I lied? Have I copied someone else's homework?

Do I gossip or spread rumors about others? Have I cheated at games or in school?

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

Have I been jealous of the friends that someone else has? Am I modest and pure in my desires?

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

Have I been jealous of the things my friends have?

Do I use my gifts to help the needy and to serve God's Church?