

Examination of Conscience for Children

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

Do I give time every day to God in prayer?

Do I put my trust in lucky charms, for example a lucky shirt, rather than God alone?

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

Have I used the words "God" or "Jesus" in anger?

Have I used bad words? Have I wished bad things to happen to someone?

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

Have I missed Mass on Sunday because I chose to do something else?

Do I make my family late for church

Do I try to pay attention during Mass?

Do I make Sunday a day of prayer?

IV. Honor your father and your mother.

Do I obey my parents?

Have I mistreated them by word or deed?

Am I willing to help around the house or must I be nagged a hundred times?

Do I try to get along with my brothers and sisters?

Am I a tattletale or bully?

Do I give a good example, especially to younger siblings?

Do I respect others in authority: priests, nuns, police, older people, baby-sitters, teachers and anyone who may be in charge of me.?

V. You shall not kill.

Do I beat up others or hurt their bodies?

Do I say cruel things, or make fun of others to hurt their feelings?

Do I say mean things about others behind their backs?

Do I encourage others to do bad things?

Do I try to love all people?

VI. You shall not commit adultery.

Do I treat my body and other people's bodies with respect?

Do I look at television shows, movies, or pictures that are bad?

VII. You shall not steal.

Have I taken things that were not mine from a store or another person?

Have I destroyed or misused another person's property for fun?

Do I return things that I borrow? In good condition?

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

Am I honest in my school work?

Do I tell lies to make myself look good?

Do I tell lies to protect myself from punishment?

Do I tell lies that make another person look bad or get them in trouble?

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

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?

Do I get mad when I have to share my friends?

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.

Am I jealous or envious of the things or abilities that others have?

Am I thankful to God and my parents for what they have given me?

Do I share the things I have with my family, friends, and poor people?