

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.

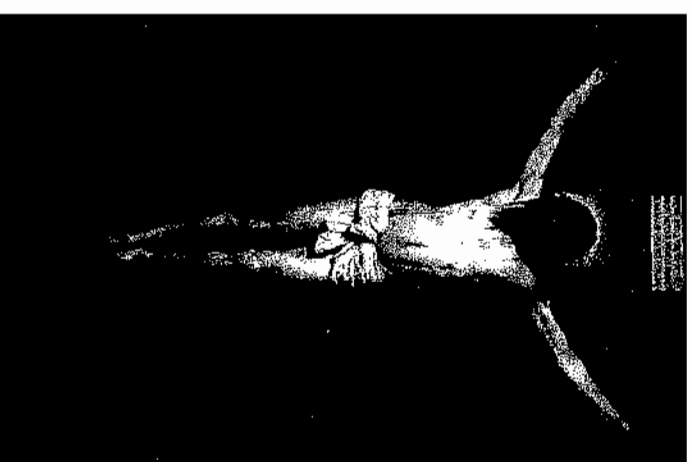
- *Have I been jealous of the belongings or talents of others?
- *Am I thankful to God and my parents for what they have given to me?
- *Do I share the things I have with my family, friends and poor people?

"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.*