

An Examination of Conscience for Children Based on the Ten Commandments:

- 1. I am the Lord your God. You shall not have strange gods before me.**
Have I wanted more things, making things or money more important than God?
Have I made an idol of sports or entertainment figures?
- 2. You shall not take the name of the Lord your God in vain.**
Do I use God's name carelessly?
Do I use God's name in anger?
- 3. Remember to keep holy the Lord's Day.**
Did I attend Mass on Sunday?
Did my behavior make it difficult or impossible for my parents to get to church on time?
Have I remembered to pray daily?
- 4. Honor your father and your mother.**
Do I obey my parents?
Have I done my chores without complaining?
Do I do my chores without being reminded?
Have I been disrespectful to teachers, coaches or others in authority?
- 5. You shall not kill.**
Do I keep my patience or do I lose my temper?
Do I hold grudges and try to get even with others?
Have I been unfair to others, especially those who are different than I am?
- 6. You shall not commit adultery.**
Do I show respect for my body?
Do I respect the bodies of others?
Do I avoid harmful things like drugs, tobacco and alcohol?
- 7. You shall not steal.**
Have I taken something that belongs to someone else?
Have I "forgotten" to return something that I borrowed?
Have I used money responsibly?
- 8. You shall not bear false witness against your neighbor.**
Do I play fairly or do I ever cheat at school or games?
Have I been honest or have I lied?
Have I hurt someone by what I have said or done?
Have I copied someone else's homework?
- 9. You shall not covet your neighbor's wife.**
Have I been jealous of the friends that someone else has?
Have I tried to be kind to others?
- 10. 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?

Taken from "Seven Frequently Asked Questions About Children and the Sacrament of Reconciliation", written for the Archdiocese of Milwaukee by Kathleen D. Beuscher, 2010.