

Examination of Conscience

For Children Based on the 10 Commandants

1. You shall have no other gods before me:

(Make God the most important thing in your life).

- I treat other things or people as more important than God.
- I don't remember to talk to God every day.
- I haven't remembered to thank God for all my blessings.

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

(Use God's name the right way).

- I have said God's name in the wrong way. (For example saying "God" when I wasn't really talking to Him or talking about Him.)
- I have said God's name disrespectfully or in anger.

3. Keep holy the Sabbath.

(Make Sunday a day to worship God).

- I haven't tried my best to worship God at Mass by singing, praying, and listening.
- I have misbehaved during Mass.
- My behavior made it difficult or impossible for my parents to get to Mass on time.

4. Honor your father and your mother.

(Love and respect your parents and respect others in charge of you).

- I disobeyed my parents.
- I talked disrespectfully to my parents.
- I didn't listen to my teacher or other adult.
- I was disrespectful to my teacher or other adult.

5. You shall not kill.

(Treat others and creation the right way).

- I have said unkind things to others.
- I have hurt people with by body by pushing, hitting, or fighting.

- I have been impatient or lost my temper.

6. You shall not commit adultery.

(Be respectful with your body and follow your promises).

- I haven't respected my body or other's bodies.
- I have broken promises to others.

7. You shall not steal.

(Take care of other people's things; don't take what belongs to someone else).

- I have taken something from another when I wasn't supposed to.
- I damaged someone else's things.
- I stole something.

8. Neither shall you bear false witness against your neighbor.

(Tell the truth).

- I didn't tell the truth when I should have.
- I have told a lie.

9. Neither shall you covet your neighbor's wife.

(Don't be jealous of other people).

- I have been jealous of the friends or family that someone else has.
- I get mad when I have to share my friends or my parent's attention.

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

(Don't be jealous of other people's things).

- I haven't been thankful with the things I have because I wanted what others had.
- I have been jealous of others people's things.
- I don't share my things with others when I should.

ACT OF SORROW (Contrition)

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen

