

EXAMINATION OF CONSCIENCE FOR CHILDREN

Using 10 Commandments

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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 superstitions, good luck charms, 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 or irreverently?

Have I used foul or ugly language? Have I wished evil on another?

III. REMEMBER TO KEEP HOLY THE LORD'S DAY.

Have I missed Mass on Sunday or any holy day of obligation?

Do I try to pay attention during Mass?

IV. HONOR YOUR FATHER AND YOUR MOTHER.

Do I respect and obey my parents?

Have I dishonored or 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?

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?

VI. YOU SHALL NOT COMMIT ADULTERY.

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

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?