

# An Examination of Conscience for Children Using the 10 Commandments

To make an examination:

- Set aside some quiet time for reflection.
- Start by praying to the Holy Spirit, asking for help in making a good examination.
- Read through the items on this list and honestly reflect on your behavior for each item.
- If necessary, take this list or some brief notes to Confession to help you remember things.

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

*Have I made money or toys or other belongings 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?*

## **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*

# An Examination of Conscience for Adults Based on the Ten Commandments

To make an examination:

- Set aside some quiet time for reflection.
- Start by praying to the Holy Spirit, asking for help in making a good examination.
- Read through the items on this list and honestly reflect on your behavior for each item.
- If necessary, take this list or some brief notes to Confession to help you remember things.

## **1. You shall have no gods before me**

*Is God the center of my life?*

*Do I fully practice my faith?*

*Is there a relationship, a possession, an activity that has become more important to me than God?*

## **2. You shall not take the name of the Lord in vain.**

*Do I swear or use God's name in vain?*

*Is my speech worthy of a child of God?*

## **3. Keep holy the Sabbath.**

*Do I attend Mass on all Sundays and holy days?*

*Do I make Sunday a day of rest and prayer?*

*Do I avoid unnecessary work and shopping on Sundays?*

## **4. Honor your father and mother.**

*Do I love, respect and obey my parents?*

*Do I respect and help those in authority?*

## **5. You shall not kill.**

*Have I physically or emotionally hurt others?*

*Do I respect the dignity of everyone?*

*Do I work for the great cause of the defense of all human life?*

## **6. You shall not commit adultery.**

*Do I live chastity as proper to my state in life?*

*Do I respect the sexuality of others and myself as a divine gift?*

*Do I use artificial contraceptives?*

*Do I use masturbation, pornography, extra-marital sexual intercourse as a way to gratify lust?*

## **7. You shall not steal.**

*Have I taken what does not belong to me?*

*Do I work diligently for the pay I receive?*

*Do I share what the Lord has given to me?*

## **8. You shall not bear false witness against your neighbor.**

*Do I lie?*

*Have I gossiped or slandered others?*

*Have I hurt the reputation of others?*

## **9. You shall not covet your neighbor's wife.**

*Do I honor and respect the proper boundaries of relationships?*

*Have I led others to sin through immodesty or bad example?*

## **10. You shall not covet your neighbor's possessions.**

*Am I envious or jealous of others?*

*Am I selfish, greedy or possessive with things or relationships?*

*Taken from the brochure: Personal Encounter with Jesus Christ: The Sacrament of Reconciliation by the Rosary Evangelization Apostolate*