

**EXAMINATION OF CONSCIENCE
FOR YOUNGER PEOPLE
(based on the 10 commandments)**

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?

Have I rejected any Church teaching or denied that I was a Catholic?

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 arrive at church late or leave early?

Do I try to be reverent and pay attention during Mass?

Do I avoid unnecessary work on Sunday?

Do I make Sunday a day of prayer or rest?

IV. Honour your father and your mother.

Do I respect and obey my parents?

Have I dishonoured 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?

Am I a tattletale or bully?

Do I give a good example, especially to younger siblings?

Do I respect others in authority: priests, police, old people, baby-sitters?

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?

Have I stopped speaking to anyone?

Do I encourage others to do bad things?

Do I try to love all people, born and unborn?

VI. You shall not commit adultery.

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

Am I modest in my speech and the clothes I wear?

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 neighbour.

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 neighbour'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?
Are there kids I will not play with or be mean to because they look different?

X. You shall not covet your neighbour'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?

The Act of Contrition

O my God because you are so good I am very sorry that I have sinned against you and with the help of your grace I will not sin again