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## Examination of Conscience for Children

To get ready and to make a good confession you should take time to pray and remember the things that you have done or have not done that were hurtful to God, to other people, and to you. First pray for the Holy Spirit to help you concentrate and remember your sins. Then read through God's commandments below and answer the questions to yourself.

### **The Ten Commandments:**

#### **I. I am the Lord, thy God; thou shalt not have strange gods before Me.**

Do I love God more than anything else?

Do I pray to God every day and tell God thank you?

Have I said or believed that there is no God or that God does not love me?

Do I say grace at meal times?

#### **II. Thou shalt not take the name of the Lord thy God in vain.**

Have I used the words "Jesus" or "God" in a bad way or because I was mad?

Have I used ugly or bad words?

Have I said mean things or hoped for bad things to happen to other people?

#### **III. Remember to keep holy the Sabbath day.**

Did I miss Mass on Sunday or on a Holy Day of Obligation?

Have I been good at Mass and did I pray and pay attention?

Did I get to Mass late or leave Mass early?

Do I have fun with my family, rest, and pray even after Mass on Sunday?

#### **IV. Honor thy Father and Mother.**

Do I listen to, obey, and show respect to my parents?

Have I treated my parents badly or said bad things about them?

Do I show respect to others of authority like police, teachers, baby-sitters, and relatives?

Do I help my parents by doing my chores and doing what I am told to do?

Have I been a good example for my brother or sister?

#### **V. Thou shalt not kill.**

Do I hurt others by hitting, kicking, or biting them?

Do I say mean things or make fun of other people to hurt their feelings?

Do I encourage or help others to do bad things?

Have I been a bully or a tattletale?



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**VI. Thou shalt not commit adultery.**

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

Do I look at bad things in pictures, on the computer, or on movies and TV?

**VII. Thou shalt not steal.**

Have I taken anything that wasn't mine from a store or another person?

Did I break something that belonged to someone else for fun or to be mean?

Do I give back things that I borrow?

**VIII. Thou shalt not bear false witness against thy neighbor.**

How many times did I lie to my parents, my teachers, and my friends?

Have I lied so I do not get in trouble?

Have I lied so that I look good?

Have I lied to make someone else look bad or to get them into trouble?

Did I cheat or copy other peoples work?

**IX. Thou shalt not covet thy neighbor's wife.**

Do I misbehave so that someone will stop what they are doing and pay attention to me?

Do I let my parents spend time with each other, or do I want them to only pay attention and do things with me?

**X. Thou shalt not covet thy neighbor's goods.**

Am I thankful for everything God and my parents have given and done for me?

Do I get mad at my friends if they do something better than me or have something I want?

Have I been afraid or mad that someone will want me to share with them?

Do I beg my parents for things other children or my friends have?

Do I share the things I have with my family, my friends, and less fortunate people?