

# 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*