



## EXAMINATION OF CONSCIENCE: CHILDREN

**Apply the following to the time since your last Sacramental Confession or if you remember something not confessed in the past.**

**[1] I am the LORD your God. You shall worship your God and Him only shall you serve. (I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GODS BESIDE ME.)**

- Is God the most important thing in my life, or have I made other things in my life more important than God?
- Do I speak (PRAY) to God every day? when I wake up, before meals, before going to sleep.
- As soon as I wake up, do I give (OFFER) Him my schoolwork and all my day?
- Do I remember to THANK God for the good things I have done or received?
- Do I put my trust in good luck charms, palm reading and superstitions, rather than God alone?

**[2] You shall not USE GOD'S NAME IN VAIN.**

- Have I used the words "God" or "Jesus" in anger or with lack of respect?
- Have I used ugly words or language?
- Have I wished evil on another?
- Have I spoken God's name or Jesus' name inappropriately when I was angry or to impress my friends?

**[3] REMEMBER TO KEEP GOD'S DAY HOLY.**

- Do I go to Mass on Sunday unless I have a good reason? (Lack of transportation, sickness)
- Do I do all I can to make Sunday a day of rest and joy for my family?
- Do I pay attention to Mass, or do I tease or distract others by talking or playing?
- Do I arrive late at Mass or leave early?

**[4] HONOR YOUR FATHER AND YOUR MOTHER.**

- Do I respect and obey my parents? even when they are not looking?
- Have I treated them badly by word or actions?
- 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 try to give a good example, especially to younger siblings?
- Do I respect others in authority: baby-sitters, older people, teachers, priests?

**[5] YOU SHALL NOT KILL.**

- Do I beat up others or hurt their bodies?
- Do I say mean things, or make fun of others to hurt their feelings?
- Am I willing to play with everyone? Have I stopped speaking to anyone?
- Do I encourage others to do bad things?
- Do I take care of my health such as eating the right food and taking care of the body God has given me?
- Are there kids I will not play with or be mean to, because they look different?

**[6] YOU SHALL NOT COMMIT ADULTERY.**

- Do I treat my body and other people's bodies with respect and purity?
- Do I look at television shows, movies, or pictures that are bad and hurt my soul and mind?
- Am I modest in the clothes I wear and, in my speech, remembering that I truly am a daughter/son of God?

## [7] YOU SHALL NOT STEAL.

- Have I taken things that were not mine from a store or another person?
- Have I broken or misused another person's property on purpose?
- Do I return things that I borrowed? In good condition?
- Do I return things that do not belong to me and was asked to take care of?

## [8] YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR (YOU SHALL NOT LIE).

- Do I tell the truth? Do I say things about other people that are not true?
- Have I told a lie or things that were only partly true?
- Did I cheat in class or in a game?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from being punished?
- Do I tell lies to make another person look bad or get them in trouble?
- Am I a tattletale?

## [9] YOU SHALL NOT DESIRE YOUR NEIGHBOR'S WIFE.

- Do I get mad when I have to share my friends?
- Am I jealous of my siblings and do I want my parent's attention for myself constantly?
- Am I willing to share my things and my time with others?

## [10] YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.

- 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?
- Am I jealous or envious of the things others have?

- Am I jealous or envious of the abilities others have?

### John 20:21-23

*<sup>21</sup> He said therefore to them again: Peace be to you. As the Father hath sent me, I also send you.*

*<sup>22</sup> When he had said this, he breathed on them; and he said to them: Receive the Holy Ghost. <sup>23</sup> Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained.*

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