

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