

Examination of Conscience

Pray to the Holy Spirit for guidance and then ask yourself the following questions:

Do I pray on my own or only when my parents and teachers make me?

Do I think about God when I am praying, or do I let my mind wander?

Do I say God's name when I'm angry?

Do I use bad language?

Do I go to Mass every Sunday and on holy days of obligation? Do I participate in Mass as much as I can or do I talk, laugh, or daydream?

Do I keep the rules of my family and school, or do I break them?

Do I answer back, or am I sassy or disrespectful to my parents or teachers?

Do I hurt people by saying mean things or getting into fights, or do I gossip and talk about people behind their backs?

Do I pick on my brothers and sisters or on kids I don't like?

Do I respect the things other people own, or do I misuse their things?

Do I steal or take what does not belong to me?

Do I tell the truth, or do I give excuses to keep from getting into trouble? Do I admit when I am wrong or have made a mistake?

Do I cheat in school or copy from others? Do I do my best in school, or am I lazy?

Do I become jealous of what others have, or do I thank God for everyone's gifts?

Do I thank God for everything he has given me?

Have I refused to help those who are in need?

Do I share my things with others, or do I keep them selfishly for myself?

Have I broken any of the Ten Commandments in any other way?

The Ten Commandments

1. I am the Lord, your God, you shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep the Lord's Day holy.
4. Honor your father and your mother.

5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not lie.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.