



## **Examination of conscience for young people**

### **I. I am the Lord your God. You shall not have other gods before me.**

Do I give time every day to God in prayer?

Do I put my trust in superstition or good luck charms, rather than in God alone?

Have I rejected any Church teaching?

### **II. You shall not take the name of the Lord your God in vain.**

Have I used the words "God" or "Jesus" in anger or irreverently?

Have I used bad language? Have I wished evil on another?

### **III. Remember to keep holy the Lord's day.**

Have I missed Mass on Sunday or any holy day of obligation?

Do I arrive at church late or leave early?

Do I try to be reverent and pay attention during Mass?

Do I avoid unnecessary work on Sunday?

Do I make Sunday a day of prayer or rest?

### **IV. Honor your father and your mother.**

Do I respect and obey my parents? Have I dishonored or mistreated them by word or deed?

Am I willing to help around the house or am I slow to respond?

Do I try to get along with my brothers and sisters?

Do I give a good example, especially with younger siblings?

Do I respect others in authority?

### **V. You shall not kill.**

Do I beat up others or bully or hurt others?

Do I say cruel things, or make fun of others to hurt their feelings?

Do I say mean things about others behind their backs?

Do I encourage others to do bad things?

Do I try to love all people, born and unborn?

Do I exclude anyone?

### **VI. You shall not commit adultery.**

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

Do I look at television shows, movies, or pictures that are bad?

Do I listen to bad music?

Am I modest in my speech and the clothes I wear?

### **VII. You shall not steal.**

Have I taken things that were not mine from a store or another person?

Have I destroyed or misused another person's property for fun?

Do I return things that I have borrowed?

### **VIII. You shall not commit false witness against your neighbor.**

Am I honest in my school work?

Do I tell lies to make myself look good or to protect myself from punishment?

Do I tell lies that make another person look bad or get them in trouble?

### **IX. You shall not covet your neighbor's wife.**

Do I get mad when I have to share my friends or parents attention with others?

### **X. You shall not covet your neighbor's goods.**

Am I jealous or envious of the things or abilities that others have?

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?