

# **An Examination of Conscience for Students**

- I. I am the Lord your God. You shall not have strange gods before me.**
- Do I give time to God everyday in prayer?*
  - Have I wanted more things, making things or money more important than God?*
  - Have I made an idol of sports or entertainment figures?*
- 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 foul or ugly language?*
- III. Remember to keep holy the Lord’s day.**
- Did I attend Mass on Sunday?*
  - Do I try to be reverent and pay attention during Mass?*
  - Did my behavior make it difficult or impossible for my parents to get to church on time?*
  - Do I do all I can to make Sunday a day of rest and joy for my family?*
- 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 must I be nagged a hundred times?*
  - Do I get along with my brothers and sisters?*
  - Am I a tattletale or a bully?*
  - Do I give a good example, especially to younger siblings?*
- V. You shall not kill.**
- Do I ever do anything to physically hurt another person?*
  - Am I kind to everyone?*
  - Do I say cruel things, or make fun of others to hurt their feelings?*
  - Do I encourage others to do bad things?*
  - Do I keep my patience or do I lose my temper?*
  - Have I been unfair to others, especially those who are different than I am?*
- VI. You shall not commit adultery.**
- Do I show respect for my body?*
  - Do I respect the bodies of others?*
  - Do I watch television shows, movies, or pictures that are bad?*
  - Am I modest in my speech and the clothes I wear?*
- VII. You shall not steal.**
- Have I taken something that belongs to someone else?*
  - Have I destroyed or misused another person’s property for fun?*
  - Do I return things that I borrow? In good condition?*
  - Have I been greedy?*

**VIII. 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?*

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

- Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?*
- Do I get made when I have to share my friends?*
- Are there kids I will not play with or be mean to because they look different?*
- How often do I think about other people and what they would like?*

**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?*