

# Ten Commandment Examination of Conscience

## **First Commandment**

***I, the Lord, am your God; you will not have other gods besides Me.***

This commandment tells me that I should love God more than any other person. God should be more important to me than anything.

- ❖ Do I tell God I love Him and thank Him for all He has given me?
- ❖ Do I think of the Lord and speak to God by praying to him each day?
- ❖ Do I sometimes praise and thank God when I see all the beautiful things He has made?
- ❖ Is there anything that has become so important to me that I forget God?

## **Second Commandment**

***You shall not misuse the name of the Lord your God.***

This commandment tells me I should use God's name with love and respect.

- ❖ Do I use God's name in a loving way?
- ❖ Do I sometimes make fun of holy things?
- ❖ Do I use other people's names in a loving way?
- ❖ Do I use profanity?

## **Third Commandment**

***Remember to keep holy the Sabbath day.***

This commandment tells me I should go to Mass on Sundays and Holy Days to celebrate God's love for us and remember everything God has done for us.

- ❖ Do I go to Mass on Sundays and Holy Days?
- ❖ Do I do my best to be on time for Mass?
- ❖ Do I pay attention and participate when I am at Mass?
- ❖ Do I listen carefully?
- ❖ Do I behave the way I should when I am in the church?
- ❖ Do I tease or distract others in church by laughing, talking or playing?
- ❖ Do I willingly go to religion class so I can learn to know and love the Lord better?
- ❖ Do I do all I can to make Sunday a day of joy and rest for my family?

**Fourth Commandment**  
***Honor your father and your mother.***

This commandment tells me I should listen to, respect and love my parents and those who take care of me when I am not with my parents.

- ❖ Do I listen to my parents and those who take care of me?
- ❖ Do I respect my parents and follow the rules they make?
- ❖ Do I obey my parents and teachers quickly and joyfully and try to make them happy?
- ❖ Do I help my parents at home by doing the jobs they ask me to do?
- ❖ Do I show love for my parents?
- ❖ Do I sometimes thank my parents and teachers I am sorry when I have done wrong and ask them to forgive me?

**Fifth Commandment**  
***You shall not kill.***

This commandment tells me I should treat other people with love and respect. I should care for myself and help care for other people.

- ❖ Do I treat other people with kindness and respect?
- ❖ Do I help other people when I can?
- ❖ Do I hurt others' feelings by name-calling or making fun of them?
- ❖ Do I ever hit, kick or hurt others in any way?
- ❖ Do I care for myself?
- ❖ Do I treat all of God's creation with reverence and respect?

**Sixth Commandment**  
***You shall not commit adultery***

This commandment tells me a husband and wife should be loyal to each other. They have a special love that they share only with each other. This commandment also tells me I should respect the privacy others.

- ❖ Do I take good care of the body God has given me?
- ❖ Am I kind and respectful to everyone?
- ❖ Do I avoid books, movies and TV shows that are harmful to me?
- ❖ Do I respect the privacy of the members of my family?

**Seventh Commandment**  
***You shall not steal.***

This commandment tells me I should never take what does not belong to me.

- ❖ Do I ever steal or keep things that are not mine: money, toys, books?
- ❖ When I want to borrow something, do I ask the owner's permission?
- ❖ Do I take good care of and return things I have borrowed?
- ❖ Do I ever damage someone's property?

**Eighth Commandment**  
***You shall not bear false witness against your neighbor.***

This commandment tells me I should always tell the truth. I should only say good things about other people. I should not tell lies about other people.

- ❖ Do I always tell the truth?
- ❖ Do I ever cheat in class or in a game?
- ❖ Have I ever ruined the good name of another by lying about them?
- ❖ Do I say mean things about other people?
- ❖ Do I gossip?

**Ninth Commandment**  
***You shall not covet your neighbor's wife.***

This commandment tells me that I should be happy with the special people God has given me in my life. I should not be envious and want someone else's family or friends.

- ❖ Do I wish I had my friend's parents because they let my friend do things my parents will not let me do?
- ❖ Am I happy with the friends that I have?
- ❖ Am I ever jealous of other people because of who they are?
- ❖ Am I happy with the family God has given me?

**Tenth Commandment**  
***You shall not covet anything that belongs to your neighbor.***

This commandment tells me I should be happy with the things I have.

- ❖ Am I happy with the things I have?
- ❖ Am I happy for others when they get something I want?
- ❖ Am I happy for others when something good happens to them?
- ❖ Do I envy other people because of things they have?

Name \_\_\_\_\_ Date \_\_\_\_\_

## Gifts of the Spirit Examination of Conscience

An examination of conscience is a prayerful review of how we have been living our lives in light of what the Gospel asks of us. Such an examination, usually in preparation for the Sacrament of Penance, is often based on the Ten Commandments or the Beatitudes. In preparation for Confirmation, use the following examination of conscience, which is based on the Gifts of the Holy Spirit. Think about the following questions and then answer them prayerfully. Your answers will be kept confidential.

**Wisdom** Wisdom enables you to see life from God's point of view and to recognize the real value of persons, events, and things. *When have I foolishly judged others by appearances? When have I been immature?*

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**Understanding** Understanding gives you insight into the truths of the faith, and it helps you make right choices in your relationships with God and others. *When did I disobey my parents or some other people in authority even though I understood the rules? How hard have I been trying to learn about the meaning behind God's rules of love?*

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**Right Judgment** The gift of right judgment helps you seek advice and be open to the advice of others. *When did I refuse to seek help or ignore someone's good advice in making a difficult decision? When did I give bad advice or refuse to give advice to someone else?*

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**Knowledge** The gift of knowledge helps you know what God asks of you and how you should respond. *How hard am I trying to learn Jesus' teachings and take them to heart? Have I been open to what God has to teach me about life?*

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**Courage** The gift of courage enables you to stand up for your beliefs and to live as a follower of Jesus. *When have I given in to peer pressure and done something of which I am not proud? When have I been less than courageous in the face of difficulties?*

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**Reverence** Reverence is a gift that helps you love and worship God and to be respectful and generous to others. *When have I shown a lack of respect for others, for the environment, or even for myself?*

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**Wonder and Awe** The gift of wonder and awe helps you recognize the greatness of God and your dependence on him. *In what ways have I been taking God's incredible love for me for granted? How committed am I to drawing closer to God?*

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