

Examination of Conscience
Based on the 10 Commandments

1. I am the Lord your God... you shall have no other gods before me
Have I ever put something else before God? Money? A video game?
Is there anything that, when I really look at it, I love more than God?

2. You shall not make wrongful use of the name of the Lord your God
Have I ever sworn?
Have I ever said 'oh my god' or 'omg'?

3. Remember the Sabbath day, and keep it holy
God created everything in 6 days then rested. Do I take time to rest?
Do I go to church on Sunday? Do I listen at Mass and pray?

4. Honour your father and your mother
Do I listen to mom and dad?
Do I treat mom and dad with respect?

5. You shall not murder
Have I hurt anyone's bodies or feelings?
Have I used hateful language?
Have I bullied anyone, or not stood up for someone being bullied?

6. You shall not commit adultery
Have I cherished my relationships?
Have I been a good friend?
Have I gossiped about my friends, or told other people secrets you had promised to keep?

7. You shall not steal
Have I taken something that does not belong to you?

8. You shall not bear false witness against your neighbour
Have I ever lied about someone or something?

9. You shall not covet your neighbour's house
Have I ever been jealous of something someone else has?

10. You shall not covet your neighbour's wife
Have I been jealous of someone else's relationship or friendship?