

# **Examination of Conscience based on the Ten Commandments**

## **Make God the most important thing in your life.**

Is God the most important thing in my life, or have I made other things in my life more important than God?

Do I remember to talk to God every day?

Do I choose what God wants for me over what I want for myself?

## **Use God's name the right way.**

Do I speak God's name or Jesus' name respectfully?

Have I spoken God's name or Jesus' name inappropriately when I was angry or to impress my friends?

## **Make Sunday a day to worship God.**

Have I tried my best to worship God at Mass by singing, praying the prayers with the community, and listening?

Have I misbehaved during Mass?

## **Love your parents and follow their rules.**

Have I obeyed my parents—even when they are not looking?

Have I talked back to my parents?

## **Be kind to the people and animals God made.**

How have I been kind or unkind to others?

Do I share what I have with others?

Have I solved disagreements in a peaceful way?

Have I fought with anyone?

## **Be respectful in the things you do.**

Do I show respect for others in what I do and say?

Do I show respect for and cooperate with my teachers?

Do I care for my health and follow safety rules?

## **Take care of other people's things; don't take what belongs to someone else.**

How have I respected other people's things?

Have I taken something that doesn't belong to me?

## **Tell the truth.**

Do I tell the truth?

Have I told a lie or things that were only partly true?

## **Think good thoughts and say good words.**

Have I thought good thoughts and said good words?

Have I told or listened to any dirty jokes?

Have I watched any movies or shows that I shouldn't have seen?

Do I try to keep my mind on good things?

## **Be happy with the things you have.**

Am I happy with what I have or do I always want more?

Have I been jealous of what other people have?