**EXAMINATION OF CONSCIENCE FOR YOUNG PEOPLE**



1. **I am the Lord your God.**

**You shall have no other gods before me.**

Do I pray everyday?

Do I put trust in superstitions, good luck charms, rather than in God alone?

Do I worship only God?

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

Have I used the words “God” or “Jesus” to someone because I was mad?

Have I used bad words?

1. **Remember to keep holy the Lord’s day.**

Have I missed Mass on Sunday?

Do I pay attention during Mass?

Do I make it hard to others to hear or pay attention?

Do I avoid unnecessary work on Sunday?

Do I make Sunday a day of prayer and rest?

Have I been moody and argumentative about praying and going to church?

1. **Honour your father and mother.**

Do I obey my parents?

Have I mistreated them by what I say or what I do?

Am I willing to help around the house?

Do I try to get along with my brothers and sisters? Do I bully them to get my own way?

Do I give good example, especially to younger brothers and sisters?

1. **You shall not kill.**

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

Do I say mean things about other behind their back?

Have I held grudges or stopped speaking to anyone?

Do I encourage others to do bad things?

Have I wished bad things to happen to anyone?

Have I deliberately caused harm to other people, or been destructive of God’s creation?

1. **You shall not commit adultery.**

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

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

Do I speak nicely to others?

1. **You shall not steal.**

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

Have I ruined other people’s property for fun?

Do I return things that I borrow? In good condition?

1. **You shall not lie (bare false witness)**

Am I honest in my school work?

Do I cheat or copy other people’s work?

Do I tell lies to make myself look good?

Do I tell lies to protect myself from punishment?

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