

Examination of Conscience for Kids

You shall have no other gods besides the LORD your God.

- Do I take time every day to pray?
- Do I put trust in superstitions or good luck charms instead of God?
- Have I refused to believe what the Church teaches?

You shall not take the name of the LORD, your God, in vain.

- Have I misused God's name?
- Have I sworn, cursed, or used bad language?
- Have I misused or disrespected a blessed object or a holy place?

Keep holy the Lord's Day.

- Have I missed Mass on a Sunday or Holyday?
- Have I arrived to Mass late or left early?
- Do I always respond, sing, and pray at Mass?
- Have I done unnecessary work on a Sunday or Holyday?
- Have I received Holy Communion in a state of mortal sin?

Honor your father and your mother.

- Have I disobeyed or disrespected parents, teachers, or others who were in charge of me?
- Am I always respectful, polite, and courteous?
- Do I do my work and chores at home and at school to the best of my ability?
- Have I broken any rules or tried to get out of punishment?
- Am I a good example to others, especially younger kids?

You shall not kill.

- Have I hurt myself or another person?
- Did I refuse to help someone?
- Did I get into any fights?
- Have I been a bully or called other people names?
- Have I stopped talking to someone?
- Do I try to get others in trouble?

You shall not commit adultery

- Do I treat my body and others' bodies with respect?
- Have I seen bad movies, TV shows, pictures, or videos?
- Have I told or listened to dirty jokes?
- Do I take care of myself?

You shall not steal.

- Have I taken or broken something that was not mine?
- Do I borrow things without asking?
- Do I waste time, food, or money?
- Do I take care of my things and the environment?
- Have I cheated on schoolwork, games, or sports?

You shall not bear false witness against your neighbor.

- Have I lied?
- Have I gossiped or spread rumors?
- Have I told secrets that I should not have?
- Do I always apologize and forgive?
- Have I ever hidden a sin in Confession?

You shall not covet your neighbor's spouse or goods.

- Am I greedy or selfish? Do I share?
- Have I been jealous of someone else?
- Am I happy when bad things happen to others?
- Am I thankful for what I have received? Do I show gratitude?

