



~The Ten Commandments~
with
An Examination of Conscience for Children

Love God...

#1 *I am the Lord, your God. You shall have no other gods besides me.*

Think about God and talk to God often. Think first of what God wants when you make choices. Tell others about your faith. Try to put God first in your life.

Do I love God with all my heart? Do I think that other things are more important than God? Do I refuse to pray when I can? Do I seek to grow in my understanding of God? Do I trust God? Do I turn to God in times of temptation?

#2 *You shall not take God's name in vain.*

Use God's name and Jesus' name only with love and respect. Do not use God's name in anger or make fun of any holy person, place, or thing.

Do I ever use God's or Jesus' name when I am angry? Do I always use the name of God and Jesus with respect and love? Do I curse or swear? Have I failed to keep promises?

#3 *Keep holy the Sabbath.*

Celebrate Sunday with the Eucharist, joy, thanksgiving, and rest.

Do I go to Mass every Sunday and Holy Day? Did I do my best to pay attention at Mass? Have I disturbed others in church?

Love Others...

#4 *Honor your father and mother.*

Obey and respect your parents and teachers. Be kind to older people.

Do I respect, obey and honor my mother and father? Did I say mean things to my mom, dad, relatives or teachers? Was I lazy around the house? Did I do my chores? Was I lazy about my schoolwork? Did I fail to do my homework?

#5 *You shall not kill.*

Respect and care for all living things.

Did I say cruel things, or make fun of others to hurt their feelings? Have I started fights with my brothers or sisters, or with friends? Have I forgiven people or am I holding a grudge? Did I refuse to play with someone without a good reason?

#6 *You shall not commit adultery.*

Respect your body and the bodies of others. Be modest in the way you dress and act.

Did I watch, or look at, something I wasn't supposed to? Have I dressed appropriately for Mass and school? Have I ever made fun or ridiculed someone for how they dress?

#7 *You shall not steal.*

Do not take things from others. Do not cheat. Be fair to everyone.

Did I take anything that didn't belong to me? Have I cheated or been unfair in games? Did I cheat in school?

#8 *You shall not lie.*

Be truthful in what you say and do.

Did I lie or not admit to something wrong I had done? Did I ever lie to my parents, teachers or friends? Did I gossip about others?

#9 *You shall not covet your neighbor's wife.*

Remember that marriage is holy. Show respect for family life. Be faithful to those you love.

Am I happy with the family God gave me?

#10 *You shall not covet your neighbor's goods.*

Do not be jealous of what others have. Be a good sport and a good loser. Do not waste money on things you do not need. Help people to have what they need to live.

Am I jealous or envious of the things or abilities that others have? Am I thankful to God and my parents for what they have given me? Do I share the things I have with my family, friends and poor people?