

An Examination of Conscience Using the 10 Commandments

1. I am the Lord your God. You shall not have strange gods before me
 - *Have I made things and comfort more important than honoring God?*
2. You shall not take the name of the Lord your God in vain
 - *When I make promises, do I take them seriously?*
 - *Do I use God's name carelessly or in anger?*
3. Remember to keep holy the Lord's day
 - *Did I stay home from church when I could have gone with my family?*
 - *Have I tried to get a ride to church for Mass if I needed one?*
 - *Have I remembered to pray regularly?*
4. Honor your father and your mother
 - *Do I obey my parents?*
 - *Have I done my chores without complaining?*
 - *Have I been disrespectful to teachers or coaches?*
5. You shall not kill
 - *Do I keep my patience or do I lose my temper?*
 - *Do I hold grudges and try to get even with others?*
 - *Have I been unfair to others, especially those who are different than I am?*
 - *Have I refused to forgive someone else?*
 - *Have I caused another person to sin?*
6. You shall not commit adultery
 - *Have I forgotten to show respect for the bodies of others as well as myself?*
 - *Do I avoid harmful things like drugs, tobacco and alcohol?*
7. You shall not steal
 - *Have I taken something that belongs to someone else?*
 - *Have I "forgotten" to return something that I borrowed?*
 - *Have I used money responsibly?*
8. You shall not bear false witness against your neighbor
 - *Do I play fairly or do I ever cheat at school or games?*
 - *Have I been honest, truthful and fair or have I lied?*
 - *Have I hurt someone by what I have said or done?*
 - *Have I copied someone else's homework?*
9. You shall not covet your neighbor's wife
 - *Have I been jealous of friends that someone else has?*
 - *Have I tried to be kind to others?*
10. You shall not covet your neighbor's goods
 - *Have I been jealous of the things that my friends have?*
 - *Have I nagged my parents into buying things because my friends have them?*
 - *Have I helped others when they needed help?*

1. Bless me, Father, for I have sinned. (Make the sign of the cross.)
2. It has been _____ since my last confession. (Tell how long it has been since your last confession.)
3. Confess all of your sins since your last confession. (Use the examination of conscience to help you.)
4. After confessing your sins say, "For these and all the sins of my past life, I am sorry."
5. When the priest says, "Give thanks to the Lord, for He is good," say, "**HIS MERCY ENDURES FOREVER.**"
6. When you leave the confessional, kneel quietly and pray your penance.



My God, I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good,
I have sinned against you, whom I should love above all things.
I firmly intend, with your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died for us.
In His name, my God, have mercy. Amen.