

EXAMINATION OF CONSCIENCE

To prepare for going to Confession

Review each of the commandments below and ask yourself if you have offended God. If you feel that you have offended God then you would need to confess that offense as a sin.

First Commandment:

I am the Lord your God, you should have no strange God's before me.

- Have you put other things more important than God?
- Are things like money, toys, and electronic games more important to you than God?

Second Commandment:

Do not take the name of the Lord your God in vain.

- Have you said God's name in a disrespectful way?
- Have you said any bad words or called anyone bad names?

Third Commandment:

Keep holy the Sabbath.

- Have you missed mass on Sunday?
- Remember if you were sick or did not have a ride to church it is not a sin to miss mass, but if you were happy that you did not have to go, then it is a sin that you would need to confess.

Fourth Commandment:

Honor your father and mother.

- Have you been disrespectful to either your mother or father?
- Have you not listened to your mother or father on purpose when they asked you to do something?
- Have you been mean or ugly to any other person?

Fifth Commandment:

You shall not kill.

- Have you told anyone that you hated him or her? (*If you truly hate someone you actually wish that they were dead and buried in the ground.*)
- Have you ever wished that something bad would happen to someone?

Sixth Commandment:

You shall not commit adultery. (Remember adultery is a sin that only a married person can commit. If you do not respect your body before you are married you are sinning against the sixth commandment.)

- Have I touched my body in a disrespectful way?
- Have I touched someone else's body in a disrespectful way?
- Have I let someone else touch my body in a disrespectful way?

Seventh Commandment:

You shall not steal.

- Have you taken something from another person that did not belong to you and keep it?
- Did you find something and keep it without trying to find out who lost it? (*Did you say to yourself, "Finders keepers, losers weepers."*)

Eighth Commandment:

You shall not lie.

- Have you said anything to someone else that was not the truth and you knew it was not the truth?
- Did you gossip or say things about someone else that would hurt them or hurt their good name?

Ninth Commandment:

You shall not covet your neighbor's wife. (Only a married person would sin against this commandment.)

Tenth Commandment:

You shall not covet your neighbor's goods.

The word covet means desire.

- Do you want things that belong to other people more than the things that you already have?
- Are you jealous of something that belongs to someone else?