

How to Make a Good Examination of Conscience and Confession

- 1. Find a place to be quiet and still.**
- 2. Ask the Holy Spirit to help you.**
- 3. Think about your choices. Think about what you have done wrong. Think about what you should have done but did not do.**
- 4. Use the Ten Commandments to remember what God tells us we should do and should not do.**
- 5. Go to Confession. Do not be afraid. Ask for God's forgiveness. Remember that God loves to forgive you and heal your soul!**

Examination of Conscience from the

TEN COMMANDMENTS

God gives us the Ten Commandments to show us how to live a happy, holy life. The Ten Commandments tell us what we should do and should not do. Ask the Holy Spirit to help you see any way that you did not keep the Ten Commandments.

First Commandment: "I am the LORD your God: you shall not have strange gods before me."

- 0 Did I try to make God the most important thing in my life?
- 0 Did I act like other things, activities, or people are more important than God?
- 0 Did I spend time with God each day in prayer?
- 0 Did I thank God for the good things he has given me?
- 0 Did I receive Holy Communion with mortal sins that I have not confessed yet?

Second Commandment: "You shall not take the name of the LORD your God in vain."

- 0 Did I always use God's name with love and respect?
- 0 Did I use God's name out of anger or as a curse?
- 0 Did I speak badly about God, the saints, or any other holy person or thing?
- 0 Did I use bad language or curse words?

Third Commandment: "Remember to keep holy the LORD's Day."

- 0 Did I miss Mass on Sunday or a holy day of obligation on purpose without a good reason (like being sick or not having a ride)?
- 0 Did I complain about going to Mass?
- 0 Did I pay attention at Mass as well as I could? Did I say the responses, pray, and sing?
- 0 Did I fast (no food or drink except water) for one hour before receiving Holy Communion?
- 0 Did I rest on Sundays?

Fourth Commandment: "Honor your father and your mother."

- 0 Did I show love and respect to my parents or the adults who take care of me?
- 0 Did I disobey them? Did I get angry or talk back to them?
- 0 Did I try to be thankful for what my parents do for me?
- 0 Did I help my family at home? Did I complain about chores?

- 0 Did I argue or fight with my brothers or sisters? Am I kind to them?
- 0 Did I respect and obey other adults in charge (priests, nuns, teachers, police, etc.)?
- 0 Did I obey the rules at school?
- 0 Did I do my best on homework and other schoolwork?

Fifth Commandment: "You shall not kill."

- 0 Did I hurt anyone on purpose?
- 0 Did I make fun of others or call them names?
- 0 Did I lose my temper or get angry at anyone?
- 0 Did I not forgive someone?
- 0 Did I leave out anyone on purpose?
- 0 Did I talk badly about others or gossip?
- 0 Did I share what I can with others, especially those who have less than I do?
- 0 Did I try to take care of my body?

Sixth and Ninth Commandments: "You shall not commit adultery." "You shall not covet your neighbor's wife."

- 0 Did I try to treat my body and others' bodies with respect?
- 0 Did I think about disrespectful things on purpose?
- 0 Did I listen to or tell disrespectful jokes?
- 0 Did I look at disrespectful images, videos, TV shows, or movies?

Seventh and Tenth Commandments: "You shall not steal." "You shall not covet your neighbor's goods."

- 0 Did I steal anything?
- 0 Did I take something without permission? Did I purposely not return something?
- 0 Did I damage someone else's things?
- 0 Was I greedy or selfish?
- 0 Did I share what I can, especially with those who have less than I do?
- 0 Am I thankful for what I have?
- 0 Am I jealous of what others have or what they can do?

Eighth Commandment: “You shall not bear false witness against your neighbor.”

- 0 Did I lie? Did I tell half the truth?
- 0 Did I blame others for something that I did?
- 0 Did I spread rumors about someone?
- 0 Did I tell secrets?
- 0 Did I cheat on schoolwork or in a game?
- 0 Did I keep my promises?
- 0 Did I keep silent when I should have said something?