



Consecration in Truth®

Family Catechesis™

Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.

53h. Examination of Conscience: In Light of the Ten Commandments For Children

1) You shall not have other gods before Me.

- Do I always put Jesus first?
- Have I tried to do my best for Jesus, even when I've had to do things that I didn't want to do?
- Have I thought of Jesus during the day?
- How have I acted toward God?
- Do I think of God and speak to Him by praying to Him every day?
- Have I made a bad confession (purposely avoiding to confess a mortal sin)?
- Have I received Jesus in Holy Communion unworthily (with mortal sin on my soul)?

2) You shall not take the Name of the Lord your God in vain.

- Have I used God's Name with love?
- Have I spoken God's Name in anger?
- Do I speak of God with reverence?
- Have I used bad words, poked fun at, or laughed at jokes that mock religion or holy things, places or people? (e.g., the Pope, bishops, priests, nuns and brothers; chapels and churches; crucifix, statues, pictures of saints, rosary, etc.)
- Have I tried hard to keep the promises and resolutions which I have made to God?

3) Remember to keep holy the Lord's Day.

- Do I go to Mass on Sunday?
- Have I helped my parents to get to Mass on Sundays and Holy Days of Obligation on time?
- Do I take part in the Mass, or do I distract others by laughing, talking, or playing?
- Have I deliberately failed to pay attention at Mass?
- Do I do all I can to make Sunday a day of rest and joy for my family?
- Do I try to remember that Jesus died on the Cross for me and gives Himself to me at every Mass?
- Do I dress nicely for Mass?
- If I receive an allowance, or receive money as a gift, do I give back part of it to God at collection time, showing my thanks to God?

4) Honor your father and your mother.

- Have I helped and obeyed my parents, my teachers, my elders, and all those who take care of me?
- Do I obey my parents and teachers quickly and cheerfully, or must I be reminded many times?
- Do I pay attention to my parents, priest, and teachers, especially when they talk to me about God?
- Do I tell my parents or those in authority over me that I am sorry and ask them to forgive me when I have not minded them?



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- Do I nurse angry feelings or show resentment when I am corrected by my parents?
- Have I talked back to my parents?
- Have I prayed for my parents?
- Have I failed to express my love for my parents?
- Have I been polite to other people, especially to my elders and my family?
- Have I done my chores cheerfully and well?
- Have I studied and completed my school assignments as well as I am able to?
- Do I obey the rules of my home and school?
- Do I pray every day for the help I need to be a holy child, and a holy brother or sister?

5) You shall not kill.

- Have I been unkind to anyone?
- Have I been unwilling or slow to forgive anyone who may have hurt me?
- Have I taken good care of myself?
- Have I kept myself clean?
- Have I gotten enough exercise?
- Have I gotten up on time?
- Have I done anything that might have hurt me or someone else?
- Have I sought pardon of those whom I have offended?
- Did I make fun of anyone, or put anyone down, or tease anyone to the point of upsetting them?
- Have I been mean to animals, littered, or been disrespectful towards the beauty of God's Creation?
- Do I help my brothers, sisters, and classmates when they need my help?
- Have I fought with my brothers and sisters, or my friends?
- Am I willing to talk or play with everyone?
- Do I take care of my health by eating the right food, getting enough sleep, and by doing other things that I know are good for me?

6) You shall not commit adultery.

- Have I kept my mind, heart, and body pure, as the temple of the Holy Spirit in my soul?
- Have I made any sacrifices for Jesus?
- Have I complained about the weather, food, or anything else?
- Have I wasted my time watching too much TV, or watching bad TV shows or movies?
- Have I looked at bad books or magazines, listened to or told bad jokes or stories?
- Have I been impure with touches (by myself or with another person)?
- Have I been impure with words or thoughts?
- Have I listened to music that offended God?
- Have I neglected to dress modestly or to otherwise safeguard purity?



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7) You shall not steal.

- Have I stolen anything?
- Have I taken good care of my things?
- Have I taken someone else's things without asking?
- Have I returned the things I borrowed?
- Have I ruined someone else's things?
- Have I seriously entertained temptations to steal?
- Have I been greedy?

8) You shall not lie.

- Have I told lies?
- Have I cheated in games or on my school tests and quizzes?
- Have I broken a promise?
- Have I unnecessarily hurt someone else's feelings or their good name by something I said, even if it may have been true?
- Did I say things about other people that are not true?
- Have I gossiped about another person?

9) You shall not covet your neighbor's wife.

- Have I tried to think only good thoughts which help me love God and all my neighbors?
- Do I think mostly about myself and what I want?
- How often do I think about other people and what they would like?

10) You shall not covet your neighbor's goods.

- Have I been grateful to God for what I have?
- Have I treated my possessions with care and respect (e.g. keeping my room neat, my clothes, my books, tools and appliances, my classroom, desk, toys, games, bicycle, etc.)?
- Do I willingly share with others?
- Have I wished for and/or pressured my parents to purchase things which I do not really need?
- Do I thank my parents and relatives for the things they have given me?
- Do I spend more time thinking about things that I want than I do talking to God?