

Before you go for confession, you should do an

Examination of Conscience

this is when you:

'Think' and 'Pray'

about what you have done or not done since your last confession.



You can use the Ten Commandments on this page as your guide. Take your time to 'Think and Pray' and 'ASK YOURSELF' some of the questions... Then, use the back of this guide to make notes!

3 Remember to keep holy the Lord's Day

Honor the Lord by resting and going to Mass on Sundays.



ASK YOURSELF:

Do I go to Mass every Sunday or Saturday evening?
Do I pray every day?

4 Honor your father and mother.

Love and respect mom & dad and all the adults in your life.



ASK YOURSELF:

Do I obey my parents and I am kind to them?
Did I talk back to my parents, teacher or other adults?
Was I lazy around the house?

7 You shall not steal.

Don't take anything that is not yours.



ASK YOURSELF:

Have I respected other people's things?
Have I taken something that doesn't belong to me?

8 You shall not bear false witness against your neighbour.

Always tell the truth.



ASK YOURSELF:

Have I lied?
Do I play fairly?
Do I cheat at games?
Have I said something that hurt someone?
Do I gossip or talk behind people's back?

1 I am the Lord your God. You shall not have strange gods before me.

Love God more than you love anything else. Don't make anything more important than God.



ASK YOURSELF:

Do I care more about friends and games than talking to God?

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

Always say God's name with love and respect.



ASK YOURSELF:

Do I use God's name carelessly?
Do I use the name of Jesus in a bad way when I get upset?

5 You shall not kill.

Never hurt anyone by your actions or words.



ASK YOURSELF:

Did I hurt someone's feelings by name calling?
Did I start a fight with my siblings or hit anyone?
Did I blame others for something that I did?

6 You shall not commit adultery

Always be faithful and respectful to yourself, your family and your friends.



ASK YOURSELF:

Do I show respect for my body?
Do I show respect for the bodies of others?

9 You shall not covet your neighbour's wife.

Be happy with the relationships you have. Don't be jealous of other people.



ASK YOURSELF:

Have I been jealous when someone pays more attention to someone else?
...or jealous of the friends that someone else has?

10 You shall not covet your neighbour's goods.

Be happy with the things you have. Don't wish for other peoples' belongings.



ASK YOURSELF:

Have I been jealous of the things that my friends have?
Have I nagged my parents into buying things I don't really need?