

# The Ten Commandments

## &

# Examination of Conscience

### # Commandment

*What It Means*

Ways We May Have Sinned Against This Commandment

## Love God

### 1. I am the Lord, your God. You shall have no other gods besides me.

*Think about God and talk to God often. Think first of what God wants when you make choices. Tell others about your faith. Try to put God first in your life.*

Do I love God with all my heart? Do I show this by loving others? Do I think that other things are more important than God? Do I refuse to pray when I can? Do I want God to be first in my life? Do I seek to grow in my understanding of God? Do I trust God? Do I turn to God in times of temptation?

### 2. You shall not take God's name in vain.

*Use God's name and Jesus' name only with love and respect. Do not use God's name in anger or make fun of any holy person, place, or thing.*

Do I ever use God's or Jesus' name when I am angry? Do I always use the name of God and Jesus with respect and love? Do I curse or swear? Have I insulted anyone? Have I failed to keep promises? Have I made rude comments? Have I made fun of others? Have I made someone feel bad so that I would feel good?

### 3. Keep holy the Sabbath.

*Celebrate Sunday with the Eucharist, joy, thanksgiving, and rest.*

Do I honor God by what I do on Sundays? Do I spend time in prayer with my family and with the people of God, the Church, at Mass? Do I misbehave during Mass? Did I miss Mass through my own fault on Sunday or a Holy Day? Was I late for Mass (came in after the Gospel was read) or did I leave early without a good reason?

## Love Others

### 4. Honor your father and mother.

*Obey and respect your parents. Be kind to all older people. Listen to and obey those who care for you.*

Do I love, respect, and obey my parents and others who care for me? Do my words and actions show this all the time? Do I disobey my parents or teachers? Was I mean to them? Did I answer back or make faces at them behind their back? Did I make fun of my parents or older people?

## **5. You shall not kill.**

*Respect and care for all living things.*

Do I show respect for the gift of life by caring for all of God's creatures, especially people? Have I ever wanted to harm or hurt anyone? Did I hate anyone? Did I do anything mean to anyone? Did I let myself get angry? Did I quarrel and fight? Did I wish anything bad to anyone? Did I make anyone sin? Do I realize that all life is sacred? Do I show patience, peace, gentleness, mercy, and friendliness towards others, even those I dislike?

## **6. You shall not commit adultery.**

*Respect your body and the bodies of others. Be modest in the way you dress and act.*

Do I use my body in ways that would please God? Do I realize that God really is interested in what I do? Do I realize that my body is created to be a temple of the Holy Spirit?

## **7. You shall not steal.**

*Do not take things from others. Do not cheat. Be fair to everyone.*

Have I ever taken something that belongs to someone else? Am I as careful with other people's things as I am with my own things? Did I damage what belongs to someone else on purpose? Do I cheat? Do I place more value on material things than on my spiritual life? Am I hardworking and honest?

## **8. You shall not lie.**

*Tell the truth. Be truthful in what you say and do. Do not gossip about others.*

Do I always tell the truth? Do I ever lie or hurt anyone by what I say? Did I like to listen to unkind talk about others? Have I gossiped or spread rumors? Talked about another behind his or her back?

## **9. You shall not desire your neighbor's wife.**

*Remember that marriage is holy. Show respect for family life. Be faithful to those you love.*

Am I ever jealous of someone else's family? Am I grateful for the love that my own family shows me? Do I realize that I am called to be holy, and that is the greatest calling as a child of God? Do I act as if I believe everyone is created in the image of God?

## **10. You shall not desire anything that belongs to your neighbor.**

*Do not be jealous of what others have. Be a good sport and a good loser. Do not waste money on things you do not need. Help people to have what they need to live.*

Am I thankful for all that I have? Am I ever jealous or greedy? Have I wished harm or disaster on anyone? Have I failed to practice mercy, virtue, and justice?

