

Examination of Conscience for 4th & 5th Graders

You shall love the Lord, your God, with all your heart, with all of your soul, and with all your strength

1. *I am the Lord, your God; you shall not worship other gods.*

- Is there anything or anyone more important for me than God?
- Do I pray every single day? Do I start and finish the day with prayer?

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

- Have I spoken about God, or used the name of God or Jesus or Mary, carelessly or without thinking?
- Have I made fun of or mocked God, Jesus, Mary or the Church? (**Mortal Sin**)

3. *Keep holy the Lord's Day.*

- Have I asked my parents to take me to Mass on Sundays and Holy Days?
- Have I made a fuss about going to Mass?
- Have I refused to go to Mass? (**Mortal Sin**)
- Have I tried to pay attention to what is going on at the altar when I am at Mass?
- Do I talk and joke with others when I am at Mass?
- Do I chew gum or eat at Mass?
- Am I careful to kneel, sit or stand at the right times?
- Have I made time to pray and to read the Bible daily; and especially on Sundays and Holy Days?

You shall Love your neighbor as yourself

4. *Honor your father and your mother.*

- Have I always obeyed my parents and done what they told me to do?
- Have I obeyed right away?
- Do I follow my parents' rules?
- Do I talk back to my parents?
- Do I yell at them?
- Do I say mean things to them?
- Do I hide things from my parents?
- Do I lie to my parents?

- Do I tell them *'thank you'*?
- Do I show them love, affection, and respect?
- Have I fought or argued with my brothers or sisters?
- Do I respect and obey my teachers?
- Do I complete my homework and chores to the best of my ability?

5. You shall not kill

- Have I been mean to others?
- Do I bully others?
- Do I say mean and nasty things to others?
- Do I insult or make fun of others or try to hurt others by my words or actions?
- Do I say things in 'fun' or trying to be funny or cool that hurt other?
- Do I hit others in order to hurt them?
- Do I refuse to forgive someone?
- Do I hold a grudge against anyone?
- Do I hate anyone?
- Do I lead others in not being friends with someone I do not like?
- Do I lose my temper and get mad?
- Do I yell out of anger?

6. You shall not commit adultery.

- Do I take good care of my body?
- Do I eat the right foods?
- Do I bathe regularly?
- Do I dress appropriately for the weather?
- Do I respect my friends?
- (For Boys) Do I show proper respect for girls?
- (For Girls) Do I show proper respect for boys?
- Do I respect my friends' personal space?
- Do I treat everyone as though they are a Child of God?

7. You shall not steal.

- Have I taken anything that did not belong to me without asking permission?
- Did I return what I took? Was it at least in the same condition as when I borrowed it?

- Have I taken something that should have gone to someone else?
- Have I cheated on a test?
- Have I cheated on a game or changed the rules in the middle to give me an advantage?

8. You shall not bear false witness against your neighbor.

- Have I told lies?
- Have I told lies to hide what I have done wrong?
- Have I said things to make myself look better to others?
- Have I told lies to hurt others?
- Do I love the truth?
- Have I broken promises?
- Have I betrayed secrets?
- Have I talked behind someone's back (gossip)?
- Have I joined in when others are talking negatively about someone?
- Have I spread rumors?

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

- Am I jealous or envious of my friends?
- Do I continue to do things even after I have been told "No"?
- Do I get into other people's business?
- Do I respect other people's privacy?
- Am I careful about sharing information about myself and about my family?

10. You shall not covet your neighbor's property?

- Do I want to have the things others have?
- Am I jealous of people who have lots of things?
- Is it hard for me to share my things?
- Do I constantly ask my parents for new things?
- Am I content with what I have or do I always want more?
- Am I grateful for the things that I do have?
- Do I judge people by the clothes they wear or the condition of the things they have?
- Do I go out of my way to make friends with people who don't have nice clothes or nice things?