

An Examination of Conscience for Middle School Using the 10 Commandments

1. I am the Lord your God. You shall not have strange gods before me
 - *Have I wanted more things, making things more important than God?*
2. You shall not take the name of the Lord your God in vain
 - *When I make promises, do I take them seriously?*
 - *Do I use God's name carelessly or in anger?*
3. Remember to keep holy the Lord's Day
 - *Did I stay home from church when I could have gone with my family?*
 - *Have I tried to get a ride to church for mass if I needed one?*
 - *Have I remembered to pray regularly?*
4. Honor your father and your mother
 - *Do I obey my parents?*
 - *Have I done my chores without complaining?*
 - *Have I been disrespectful to teachers or coaches?*
5. You shall not kill
 - *Do I keep my patience or do I lose my temper?*
 - *Do I hold grudges and try to get even with others?*
 - *Have I been unfair to others, especially those who are different than I am?*
 - *Have I refused to forgive someone else?*
 - *Have I caused another person to sin?*
6. You shall not commit adultery
 - *Have I forgotten to show respect for the bodies of others as well as myself?*
 - *Do I avoid harmful things like drugs, tobacco and alcohol?*
7. You shall not steal
 - *Have I taken something that belongs to someone else?*
 - *Have I "forgotten" to return something that I borrowed?*
 - *Have I used money responsibly?*
8. You shall not bear false witness against your neighbor
 - *Do I play fairly or do I ever cheat at school or games?*
 - *Have I been honest, truthful and fair or have I lied?*
 - *Have I hurt someone by what I have said or done?*
 - *Have I copied someone else's homework?*
9. You shall not covet your neighbor's wife
 - *Have I been jealous of friends that someone else has?*
 - *Have I tried to be kind to others?*
10. You shall not covet your neighbor's goods
 - *Have I been jealous of the things that my friends have?*
 - *Have I nagged my parents into buying things because my friends have them?*
 - *Have I helped others when they needed help?*