

Holy Guardian Angels Regional School



Examination of Conscience

Grades 6-8



What Is an Examination of Conscience?

An examination of conscience is the act of looking prayerfully into our hearts to ask how we have hurt our relationships with God and other people through our thoughts, words, and actions.

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

(The First Commandment teaches us to put God first in our lives)

- How do I spend my time each day?
- Do I remember that God loves me?
- Do I remember to give thanks to God for all that I have received?
 - Do I have my priorities in order? Do I pray?

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

(The second commandment teaches us to speak carefully, to respect the power of our words, and to say only what we mean to say.)

- Do I pay attention to the way my words affect others?
- Do I misuse God's name to express anger or frustration?
- Do I say hurtful things to others when I am angry or upset?
 - Do I put down other people?

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

(The third commandment teaches us to take time to worship God regularly and frequently.)

- Do I take time each week to pray and to worship God?
- Do I take part in Mass on a regular basis, at least every Sunday?
- Do I remember that my strength comes from God, and that without God I can do nothing?
 - Do I take time to relax and appreciate all that God has given me?
 - Do I make time to get to know my family and my friends better?

4. Honor your father and your mother

(The fourth commandment teaches us to appreciate our parents)

- Am I loving, respectful, and obedient to my parents, and for all who take care of me?
 - Am I too critical of my parents?
 - Do I offer to help around the house?

5. You shall not kill.

(The fifth commandment teaches us to appreciate life)

- Do I value all people?
- Do I experiment with alcohol or drugs and show no regard to their effect on my grades, my self-respect or my relationships?
 - Do I take good care of myself?
 - Have I ever hit my girlfriend or boyfriend?

6. You shall not commit adultery

(The sixth commandment teaches us to keep our promises, and to protect our sexuality)

- Do I value and respect my sexuality?
- Do I try to develop healthy relationships and avoid relationships where people are treated like things?
 - Do I dishonor my body through impure actions?
- Do I respect the relationship God has set up between sexual intimacy and marriage?

7. You shall not steal

(The seventh commandment teaches us to respect private property and the rights of others)

- Do I take things that don't belong to me?
- Do I respect public property and the property of other people?
 - Do I take more than I need?
 - Do I share generously?
- Do I cheat on test or homework?

8. You shall not bear false witness against your neighbor

(The eighth commandment teaches us to speak the truth and never to say more than is necessary)

- Am I a truthful person?
- Have I damaged the reputation of another person by exaggerating or making up stories about them?
 - Do I say things just to hurt other people?
- Do I lie to protect stay out of trouble or to avoid a difficult situation, even if someone will be hurt?

9. You shall not covet your neighbor's partner

(The ninth commandment teaches us to avoid inappropriate relationships)

- Do I remember that all people are created in the image of God?
- Am I envious of others? Do I resent their popularity or success?
- Do I feel I have to put others down in order to feel better about myself?

10. You shall not covet your neighbor's things.

(The tenth commandment teaches us to find happiness where we are)

- Do I let greed or envy take over my thoughts?
- Do I try to prove I am better than others by bragging or buying more things?
 - Do I think my own wants are more important than other people's?
- Do I remember that it is who I am, not what I own, that is really important?

The Act of Contrition

A short prayer we pray promising to try not to sin again.

O my God, I am heartily sorry for having offended You. And I detest all my sins because of your just punishment, but most of all because they offend You, my God, Who are all GOOD and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. AMEN