

Examination of Conscience with The Ten Commandments for Middle School

First Commandment: I am the LORD your God. You shall have no other gods before me.

Have I...

- Neglected to nourish and protect my faith?
- Loved someone or something more than God (money, power, ambition, etc.)?
- Let someone or something influence my choices more than God?

Second Commandment: You shall not take the name of the Lord your God in vain.

Have I...

- Used the name of God in cursing or blasphemy?
- Spoken about the Faith, the Church, the saints, or sacred things with irreverence, hatred or defiance?
- Watched television or movies, or listened to music that treated God, the Church, the saints, or sacred things irreverently?
- Used vulgar, suggestive or obscene speech?
- Belittled others in my speech?
- Behaved disrespectfully in the church building (e.g., talking immoderately in church before, during, after holy Mass)?
- Misused places or things set apart for the worship of God?

Third Commandment: Remember to keep holy the Sabbath day.

Have I...

- Missed Mass on Sunday or Holy Days (through my own fault w/o a sufficient reason)?
- Neglected to set time aside each day for personal prayer to God?
- Habitually come late to and/or leave early from Mass?
- Done unnecessary work on Sunday?

Fourth Commandment: Honor your father and your mother.

Have I...

- Obeyed all that my parents reasonably asked of me?
- Shown disregard for my parents instructions, displayed contempt of them?
- Harbored hatred for my parents?
- Disobeyed the reasonable instruction of my teachers?
- Disrespected my teachers?

Fifth Commandment: You shall not murder.

Have I...

- Unjustly hurt another person?
- Unjustly threatened to hurt another person?
- Hated another person, or wished him/her evil?
- Indulged in unjust anger?
- Refused to control my temper?
- Been unforgiving of others, especially when mercy or pardon was requested?
- Sought revenge or hoped something bad would happen to someone?
- Delighted to see someone else get hurt or suffer?

Sixth & Ninth Commandments:

You shall not commit adultery. & You shall not covet your neighbor's wife.

Have I...

- Neglected to practice and grow in the virtue of chastity?
- Willfully entertained impure thoughts?
- Listened to music or jokes that are harmful to purity?

Seventh & Tenth Commandments

You shall not steal. & You shall not covet your neighbor's goods.

Have I...

- Stolen?
- Envied others on account of their possessions?
- Neglected to live in a spirit of Gospel simplicity?
- Allowed myself to be conformed to a consumeristic mentality?
- Deliberately defaced, destroyed or lost another's property?
- Cheated on a test, sports, games?

Eighth Commandment: You shall not bear false witness against your neighbor.

Have I...

- Lied?
- Knowingly and willfully deceived another?
- Gossiped?
- Committed detraction? (Destroying a person's reputation by telling others about his faults for no good reason.)
- Committed slander or calumny? (Telling lies about another person in order to destroy his reputation.)
- Been guilty of rash judgment? (Assuming the worst of another person)
- Failed to make reparation for a lie I told, or for harm done to a person's reputation?