



# THE TEN COMMANDMENTS

1. I am the Lord your God: you shall not have strange gods before me.  
(Love God most of all, above famous athletes, movie stars, and money.)
2. You shall not take the name of the Lord your God in vain.  
(God's name is not a curse word, and we shouldn't use curse words, anyway!)
3. Remember to keep holy the Lord's Day.  
(Sundays are meant to be God's day. Go to Mass!)
4. Honor your father and mother.  
(It bears repeating: honor your father and mother. Don't talk back, do as they ask willingly and with a loving heart the first time they ask.)
5. You shall not kill.  
(You also shall not hit your brother or sister, cause harm to living creatures intentionally, or use violent actions or words. We protect elderly people, new life, and the Earth.)
6. You shall not commit adultery.  
(When you're married, you keep your marriage holy. Treat others respectfully. We keep our commitments and promises and encourage others to do that, too.)
7. You shall not steal.  
(Duh. But also, don't borrow things without asking permission or return them broken.)
8. You shall not bear false witness against your neighbor.  
(Don't lie. Telling some of the truth and holding some back is as bad as not telling the truth at all. We show trustworthy behavior to others.)
9. You shall not covet your neighbor's wife.  
(Our bodies are sacred and we treat them with respect. We respect other people's bodies and boundaries.)
10. You shall not covet your neighbor's goods.  
(We're satisfied with what we have instead of envying what others have.)



# Examination of Conscience

## I. I am the Lord your God. You shall not have strange gods before me.

- Do I give time every day to God in prayer?
- Do I put my trust in superstitions or good luck charms, rather than God alone?
- Have I wanted more things, making money or objects more important than God?
- Have I made an idol of sports or entertainment figures?
- Have I rejected any Church teaching or denied that I was a Catholic?

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

- Have I used the words "God" or "Jesus" in anger or carelessly?
- Have I used foul or ugly language?
- Have I wished evil on another?

## III. Remember to keep holy the Lord's Day.

- Have I missed Mass on Sunday or any holy day of obligation through my own fault?
- Did my behavior make it difficult or impossible for my parents to get me to church on time?
- Do I try to be reverent and pay attention during Mass?
- Have I prayed every day?

## IV. Honor your father and your mother.

- Do I respect and obey my parents?
- Have I dishonored or mistreated them by word or deed?
- Am I willing to help around the house or must I be nagged a hundred times?
- Do I try to get along with my brothers and sisters?
- Am I a tattletale or bully?
- Do I give a good example, especially to younger siblings?
- Do I respect others in authority: priests, nuns, police, old people, teachers, coaches?

## V. You shall not kill.

- Do I keep my patience or do I lose my temper?
- Do I beat up others or hurt their bodies?
- Do I say cruel things, or make fun of others to hurt their feelings?
- Do I say mean things about others behind their backs?
- Have I stopped speaking to anyone?
- Do I hold grudges or try to get even with people who have hurt me?
- Do I encourage others to do bad things?
- Do I try to love all people, born and unborn?

## VI. You shall not commit adultery.

Do I treat my body and other people's bodies with purity and respect?  
Do I look at television shows, movies, or pictures that are bad?  
Am I modest in my speech and the clothes I wear?  
Do I avoid harmful things like drugs, tobacco, and alcohol?

## VII. You shall not steal.

Have I taken things that were not mine from a store or another person?  
Have I destroyed or misused another person's property for fun?  
Do I return things that I borrow? In good condition?  
Have I used money responsibly?

## VIII. You shall not commit false witness against your neighbor.

Am I honest in my school work?  
Do I tell lies to make myself look good?  
Do I tell lies to protect myself from punishment?  
Do I tell lies that make another person look bad or get them in trouble?  
Do I play fairly or do I ever cheat at school or games?

## IX. You shall not covet your neighbor's wife.

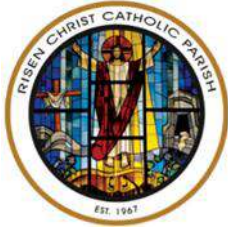
Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?  
Do I get mad when I have to share my friends?  
Are there kids I will not play with or am mean to because they look different?  
Have I been jealous of the friends someone else has?  
Have I tried to be kind to others?

## X. You shall not covet your neighbor's goods.

Am I jealous or envious of the things or abilities that others have?  
Am I thankful to God and my parents for what they have given me?  
Have I nagged my parents into buying things because my friends have them?  
Do I share the things I have with my family, friends, and poor people?

### The Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you, whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.



# PRAYERS FOR RECONCILIATION

## Confession

*Cross yourself, saying:* Bless me, Father, for I have sinned. This is my first confession.

*After the first time, you will say:*

Bless me, Father, for I have sinned. It has been \_\_\_\_\_ (weeks/months/years) since my last confession.

## Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you, whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us.

In his name, my God, have mercy.

## Guardian Angel

Angel of God, my Guardian dear, to whom His love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

## Penitential Act (Confiteor) *said during Mass*

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
(*strike breast*) through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.