



Saint Maria Goretti Parish, Hatfield, PA

1601 Derstine Road ~ Hatfield, PA 19440

An Examination of Conscience for Young People 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 or money more important than God? Have I made an idol of sports or entertainment figures?

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

Do I use God's name carelessly? Do I use God's name in anger?

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

Did I attend Mass on Sunday? Did my behavior make it difficult or impossible for my parents to get to church on time? Have I remembered to pray daily?

4. Honor your father and your mother.

Do I obey my parents? Have I done my chores without complaining?

Do I do my chores without being reminded? Have I been disrespectful to teachers, coaches or others in authority?

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?

6. You shall not commit adultery.

Do I show respect for my body? Do I respect the bodies of others?

Do I avoid things that are harmful to my body?

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 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 the 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?