

Examination of Conscience – Youth

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

Do I care more about friends and games and games than talking to God? Do I try to be like Jesus and the Saints?

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

Do I use God's name carelessly? Do I use the name of Jesus in anger?

Remember to keep holy the Lord's Day.

Did I attend Mass on Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1 and Dec. 25)? Have I remembered to pray daily?

Honour your father and your mother.

Do I obey my parents? Have I done my chores without complaining or being reminded? Have I been disrespectful to teachers?

You shall not kill.

Do I get angry too easily and react in ways I regret? Do I hold grudges and try to get even with others? Am I caring to others, including those who seem different than me? Do I avoid harmful things like drugs, cigarettes and alcohol?

You shall not commit adultery.

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

You shall not steal.

Have I taken something that belongs to someone else? Have I used my money responsibly?

You shall not bear false witness against your neighbour.

Do I ever cheat at games or in my schoolwork? Have I lied? Do I gossip or talk behind people's backs?

You shall not covet your neighbour's wife.

Am I jealous of other people's friends or status? Is being popular more important to me than following God?

You shall not covet your neighbour's goods.

Have I been jealous of the things that my friends have? Have I nagged my parents into buying things I don't really need? Am I generous with my time and possessions?