

Young Person's Guide



Examination of Conscience

**Before the
Sacrament of Reconciliation**

Before going to Confession, it is appropriate to prepare yourself for the sacrament by spending some time recollecting the sins you have committed since your last Confession. This guide provides questions to ask yourself as you prepare.

The Commandments

~FIRST COMMANDMENT~

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

This commandment forbids us to worship anyone or anything besides the one true God- the Father, Son and Holy Spirit. We worship him by Acts of Faith, hope and Love; by prayer and making sacrifice for others.

1. Do I truly love God more than anyone or anything else?
2. Do I pray each day?
3. Are there false gods such as popularity, horoscopes or other superstitious practices, sport, that I worship by giving them more attention than I give the true God? Are material possessions the purpose of my life?
4. Do I place more trust in the media and my favorite celebrities than God, even when they teach us to do the wrong thing?

~SECOND COMMANDMENT~

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

This commandment forbids us to misuse God’s name (God, Jesus, Christ, Lord) in cursing or swearing. We must respect this Holy Name at all times and the names of His holy ones too. It reminds us to be pure in our words and to not reject God.

1. Have I used any swear words that included God’s Name?
2. Did I use the Name of Jesus Christ as an expression of surprise or anger?
3. Did I joke about God or religion, including Mary and the saints and Holy Communion?
4. Am I indifferent (don’t care) when actors use blasphemy on TV or at the movies or when musicians use it in their music?
5. Do I listen to music which disrespects God and what is holy and sacred?

~THIRD COMMANDMENT~

“Remember to keep holy the Lord’s Day.”

This commandment asks us to attend Holy Mass on Sundays/Saturday night Vigil and Holy Days of Obligation. It reminds us that any unnecessary work should be avoided on these days. It reminds us too that we should give our bodies the rest they need and spend quality time with family.

1. Have I been faithful to Sunday and Holy Day Masses (which can also be celebrated on Saturday evenings or on the night before the Holy Days)?
2. Have I prepared for receiving holy Communion by believing that Jesus is truly present in Communion, by asking God’s forgiveness and going to Reconciliation when I should?
3. Do I go unnecessary work on Sundays?
4. Do I give my body the rest it needs?

~FOURTH COMMANDMENT~

“Honor your Father and Mother.”

This commandment asks us to respect and show loving obedience to our parents and also to honor others in authority over us, such as teachers and government leaders (as long as they don’t tell us to do things which are against God’s law.)

1. Have I shown love and respect for my parents, even when they punish me?
2. Do I help my parents by doing chores and obeying their orders? Do I pray for them?
3. Do I listen to my teacher(s)?
4. Do I obey civil laws which seek to protect me and others and help us show respect for others and our world?

~FIFTH COMMANDMENT~

“You shall not kill.”

This commandment forbids not just actual murder (homicide, suicide, euthanasia, abortion) but even those actions that are dangerous to the life of the body and the life of the soul.

1. Have I had serious thoughts of anger and hatred towards others?
2. Have I got drunk or used drugs? These things threaten your health and even your life and the life of others (when you encourage others to use drugs and you drink and drive).
3. Have I neglected the life of my soul by keeping company with those who lead me to sin?
4. Do I think of the poor and try to help as best I can?
5. Do I enjoy music which encourages hatred?
6. Have I harmed others by teasing them or bullying them? Have I laughed at people and embarrassed them?

~SIXTH COMMANDMENT and NINTH COMMANDMENT~

**“You shall not commit adultery” and
“You shall not covet your neighbor’s wife (or husband)”**

These two commandments deal with our human sexuality. Adultery means sexual relations between two persons, when either of those two people are married to another person. Here, covet means that we desire or want the spouse of another person. Although these things happen to adults mainly, they carry a message for all of us.

1. Have I respected the gift of sex and the human body, both my own and those of others?
2. Do I realize that sex is for married people so that they can have children and show a life-long committed love for one another?
3. Have I encouraged the wrong use of sexuality by myself or among my friends by looking at magazines or movies or images (including images on the internet) that lead us to lust and show people having sex? Do I realize that this is wrong because sex is a very loving and private activity for the married?
4. Have I tried to be pure in my thoughts, words, and actions by myself and with others? Have I realized that deliberate masturbation and sex between unmarried persons are serious sins and need to be confessed?
5. Do I realize that it is dangerous to my soul to deliberately spend time in impure daydreaming about sexual activities? This can easily lead me to commit sins by myself or with others.
6. Am I careful how I dress, so that I do not lead others to have impure thoughts about me? Do I dress in a way which respects my body and tells people that I am not an object of lust?
7. Do I realize that my sexual desires are good and given to me by God so that I will one day use them properly in marriage?
8. Do I listen to music which encourages me to have impure thoughts? Do I dance in a provocative way?

~SEVENTH and TENTH COMMANDMENTS~

**“You shall not steal” and
“You shall not covet your neighbor’s property”**

These two commandments deal with respecting the rights and property of others. They forbid us to take what does not belong to us, and to avoid even the desire to take things.

1. Have I shoplifted, no matter what it was?
2. Have I destroyed the property of others: painted on buildings, purposely broken a window, or ripped up someone’s homework?
3. Have I taken someone else’s possessions, even if they are little things?
4. My parents spend money to buy me nice cloths or send me to school. Do I use these things wisely?
5. Am I envious about things my friends have and who this by my unkind words to them or to others about them?
6. Do I try to share what I have with the poor?
7. Am I greed or selfish?

~EIGHTH COMMANDMENT~

“You shall not bear false witness against your neighbor”

This commandment tells us always to be honest and truthful; it forbids us to say anything that damages the good reputation of others.

1. Do I have the habit of lying?
2. Do I lie in order to avoid punishment or to make myself look great in the eyes of my friends? Am I afraid I will not be accepted by others unless I make myself seem better than I am?
3. Do I gossip and spread rumors about others, even if I think they are true? Do I find pleasure in telling my friends about the sins and faults of others?
4. If a friend tells me a secret, do I keep it to myself or do I let someone “in” on it? Do I know that telling the secrets of others is misuse of friendship and a sin?

Adapted from the Catholic Community Forum

<http://www.catholic-forum.com>