

Examination of Conscience for Children

The 10 Commandments are laws (rules) to live by. These laws of love were created to help us to be happy. God also created these laws to help us be God's holy people. When we follow these laws we find peace in our lives.

1. I am the Lord your God; you shall not have strange God's before me.

God made our world and created each one of us. He wants us to know that He loves us and that He will always be with us. There are times when we forget and we make other people and things more important. That would break this commandment. Try to remember God in your day. Try to go to Mass on Sunday. Who comes first?

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

It is good to talk politely with other people. Using cuss words and talking badly about God would break this commandment. Names are special. Your name is very special to you. Your name is what is used when people wish to talk to you. No one should dishonor anyone's name. Especially God's name. His name should be spoken with respect, prayed to with care and asked for with love.

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

Try to go to Mass on Sunday. The Lord's Day is a full day dedicated to God, family and being helpful, not just the 45 minutes at church. Our Lord wants us to have a day of rest. A day when we can put aside our work and just think of how much we are loved by God. That special day is Sunday. That's the Lord's Day. We go to church on Sunday to spend time with Our God. We listen to God's Word at church and pray for each other.

4. Honor your mother and your father.

Be kind to your mother and father. Help them out around the house. Go to bed or turn off the video game, phone or TV when they ask you without an argument. Fighting with your parents and not doing what they may ask of you would be breaking this commandment.

5. You shall not kill.

Although you may not literally kill someone, hurting someone's feelings or doing or saying mean things to someone you may not like is breaking this commandment. When we fight or do other disrespectful things, we are killing the special joy and peace that is given to us by God. Their life is precious, as ours is, and we must remember to honor that life.

6. You shall not commit adultery.

This is mostly for married people. When two people get married, they promise to share their love only with each other. They must keep that promise. When people aren't married, this commandment reminds us to respect ourselves and be honest with our friends. We should be a true friend and not break promises and not lead our friends to break their promises.

7. You shall not steal.

Taking something on purpose that isn't yours breaks this commandment. We all have things that are special to us. Perhaps we have worked hard and earned it or perhaps it was a gift from Christmas or a birthday. Whatever the reason, we would never want what is ours to be taken from us. To just take what is not ours is wrong. It is selfish and harmful. Everyone has a right to what belongs to them. When we cheat, it's the same thing. When we are cheating to win a game, to get the right answer, whatever we cheat on, it's taking what is not ours.

8. You shall not bear false witness against your neighbor.

This is about lying. Talking untruthfully about someone or not telling the truth when asked breaks this commandment. The trust makes us happy and lies make us so sad. Lies hurt other people and they hurt us. There are times when we lie to get out of trouble. There are times when a lie seems to help. That isn't true. A lie always hurts the respect we have of ourselves and it usually hurts another person. A lie makes us sad. When you tell other people's secrets, even if it's true, that hurt them. When we make them hurt, we hurt ourselves. Beware of gossip.

9. You shall not covet your neighbor's wife.

This is also an adult commandment. But it can have meaning for us too. Have you ever wished so deeply that someone's friend was your friend? So much so that you would be mean to your friends just to be friends with that person?

10. You shall not covet your neighbor's goods.

Many times, other people have really neat things. You might even wish that is yours. Many people are good in sports or have really wonderful clothes. To want nice things for ourselves is okay. When we become mean or nasty to others that have what we would like to have, that's wrong. When we are unhappy and sulk because the other person is better in sports or wears better clothes than we wear, that's wrong. We need to admire the things that other people have, not be jealous of them. We need to admire their special talents, just like you have special talents. We need to be happy for them. We need to thank God for the special gifts He has given us in family, friends, health, a home, our toys, and so on.