

An Examination of Conscience for Teens

1

You shall not have other gods besides the Lord your God.

The First Commandment teaches us to put God first in our lives.

- Do I love God above all things?
- Is He number one in my life or do I put myself before God?
- Have money and pleasure become more important to me than the God who created me for Himself?
- Do I pray often? Have I neglected my friendship with God by neglecting prayer?
- Have I participated in superstitious activities, like fortune telling?

2

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

The Second Commandment teaches us to speak carefully, and to respect the power of our words.

- Do I pay attention to the way my words affect others?
- Do I misuse God's name to express anger or frustration?
- Do I say hurtful things to others when I am angry or upset?

3

Remember to keep holy the Lord's Day.

The Third Commandment teaches us to make time to worship God regularly.

- Do I attend Mass on a regular basis?
- Have I deliberately missed Mass? Or a Holy Day of Obligation?
- Do I take time to pray and worship God each week?

4

Honor your father and your mother.

The Fourth Commandment teaches us to appreciate our parents.

- Am I loving, respectful, and obedient to my parents, and for all who take care of me?
- Am I too critical of my parents?
- Do I offer to help around the house?

5

You shall not kill.

The Fifth Commandment teaches us to appreciate life.

- Do I value all people?
- Do I take good care of myself?
- Have I ever hit anyone?
- Do I refuse to forgive others?
- Do I experiment with alcohol or drugs?
- Am I a bully at school or online? Or have I encouraged fighting?
- Have I intentionally cut or hurt myself?
- Do I keep anger against anyone?
- Have I ever been cruel to an animal?

6

You shall not commit adultery.

The Sixth Commandment teaches us to respect relationships.

- Do I value and respect myself?
- Do I try to develop healthy relationships and avoid relationships where people are treated like objects?
- Do I dishonor my body through impure actions?
- Have I ever encouraged others to disrespect their bodies, or watched them do so?

7

You shall not steal.

The Seventh Commandment teaches us to respect private property and the rights of others.

- Do I take things that do not belong to me? Have I encouraged others to do so?
- Have I shoplifted? Or have I ruined or vandalized someone else's property?
- Am I wasteful with food, time, or other resources?
- Do I ever take more than I need?
- Do I cheat on tests or class assignments?

8

You shall not bear false witness against your neighbor.

The Eighth Commandment teaches us to speak the truth and to respect others.

- Am I a truthful person?
- Have I damaged the reputation of another person by exaggerating or making up stories about them?
- Do I reveal information that should be confidential?
- Have I acted a certain way in front of a group of people, and a completely different person to others?
- Do I lie to stay out of trouble or to avoid a difficult situation, even if someone will be hurt?

9

You shall not covet your neighbor's partner.

The Ninth Commandment teaches us avoid inappropriate relationships.

- Do I remember that all people are created in the image of God?
- Am I envious of others?
- Have I been jealous of the friends that someone else has?
- Have I had impure thoughts or encouraged them?
- Do I feel like I have to put others down in order to feel better about myself?

10

You shall not covet your neighbor's things.

The Tenth Commandment teaches us to find happiness where we are.

- Do I let greed or envy take over my thoughts? Do I resent people for their popularity or success?
- Do I try to hold grudges against other people?
- Do I think my wants are more important than other people's wants?
- Do I nag my parents into buying things because my friends have them?
- Do I help others when they need help?
- Am I thankful for all that God has blessed me with?
- Do I remember that it is who I am, *not what I own*, that is really important?

Christ's Two Commandments

*How well do we love God and others?
Do we love as Jesus calls us to?*

In the Gospel of Matthew, Christ gives us two Commandments: "He said to him, 'You shall love the Lord your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself.'"

[Matthew 22:37-40]

