

## Examination of Conscience for Grade 4

**God has given us the Great Commandment of Love, it says:**

You shall love the Lord your God with all your heart, with all your soul, with all your strength and all your mind, and you shall love your neighbor as yourself.

This commandment teaches us that we should love God above all else. He is to be first in our lives. Next we are to love other people. By loving others, and ourselves, we are loving God too. Can you think of ways you have not loved God or neighbor? The Ten Commandments will help us to think of some ways to keep the Great Commandment.

### **The Ten Commandments:**

**1. I am the Lord your God, you shall have no other gods besides me.**

We no longer see people worshipping golden idols like in the time of the Bible. We also don't often hear of other gods like the many gods the Greeks had. But we do still place many things before God, and give them greater time, attention and sometimes even desire. This commandment reminds us to place God first.

**Do I place God first in everything? If no:**

- Do I put TV, music, video games, homework, friends or other things before my relationship with God?
- Do I value money, power, popularity, or objects more than God?
- Do I read horoscopes, play with tarot cards or ouiji boards or other occult practices?
- Do I forget to make time for God alone? To pray?

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

Taking God's name in vain is serious, because God's name is holy. We use God's name to pray, to worship and to make an oath. By using God's name in other ways, we are showing disrespect to God.



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**Do you use God's name only in a holy way or for prayer? If no:**

- Do I say God's name in anger or in a bad way?
- Do I use the names of the saints in unholy ways?
- Do I use bad language?
- Do I make oaths or promises with God's name that I won't keep?

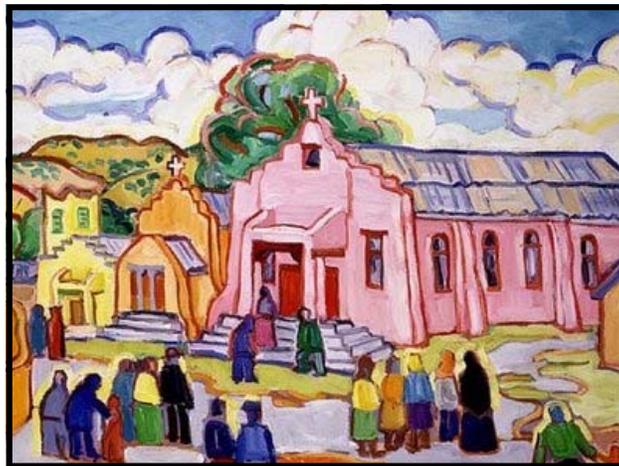


### **3. You shall honor the Sabbath.**

You shall honor the Lord's Day. This means that Sunday is set apart for loving God. We do this by going to Mass, taking time to pray and spending time with our families. We should try to not work on Sundays so we can take time for God, and not worry about all the other things in our lives.

**Do you keep the Lord's Day holy? If no:**

- Do I try to get out of Mass on Sunday?
- Do I fail to pay attention at Mass? During my prayers?
- Do I do unnecessary work on Sunday? Do I save all my homework for Sunday?
- Do I fail to take extra time for prayer and family on Sunday?
- Do I fail to serve others on Sunday?



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### 4. You shall honor your mother and father.

God chose your parents for you because He knew that they are the best parents for you. He chose your family. He even chose your teachers! God puts people in our lives that we need to respect and even obey, because they are doing what is best for us. By loving the authorities in our lives, we are loving God's plan for us.

#### Do I respect my authorities? If no:

- Do I talk back or disrespect my parents or teachers or other authorities?
- Am I disobedient?
- Do I fail to listen to my parents when they are talking to me?
- Do I fail to show my parents love because it does not seem "cool"?
- Do I listen to my friends more than my parents?
- Do I do my chores when I am asked to?
- Do I help with my younger brothers and sisters?



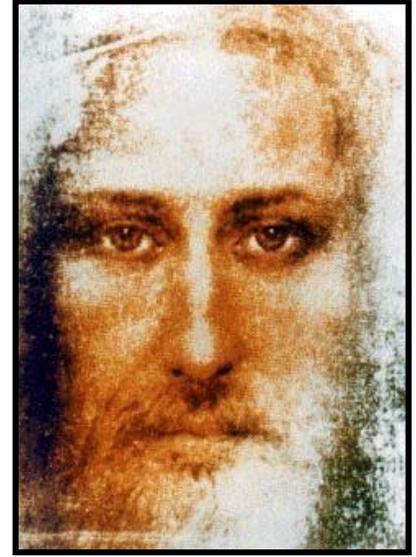
### 5. You shall not kill.

Perhaps you think that because you have not killed anyone, this commandment does not affect you. This commandment is about having anger and hatred towards others and wanting to do harm to them. Sometimes we all get angry, but we need to not act on it, we need to act in love. To act in love, means we love life.

- **Do I love life in all its forms? If no:**
- Do I fail to control my anger or my temper?
- Am I purposely mean? Do I say things to hurt people?
- Do I fail to help others when they need help?
- Do I fail to love my neighbor?

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- Do I hate someone?
- Did I have a fight, or try to hurt someone?
- Have I hurt someone's reputation?
- Am I purposely uncharitable?



### **6. You shall not commit adultery.**

God wants us to be faithful in our relationships.

#### **Are you faithful in your relationships? If no:**

- Do I hurt my friends?
- Do I respect my own body?
- Do I fail to show love within my family?
- Do I pressure my friends to do things that they don't want to do?
- Do I forget to see my family as a gift from God?

### **7. You shall not steal.**

Stealing is taking something that does not belong to you without asking. It is not borrowing, or finding something, or owning something, or having something with permission. It is taking something from someone else. We must respect other people's property. How would you feel if someone took your favorite toy?

#### **Do you respect property? If no:**

- Do you steal – even small things? Or big things?
- Do you vandalize or break other people's property? For example,
- write on other people's books?
- Do you vandalize public property?
- Do you borrow things and purposely not return them?
- Have you kept others from having what they deserve?
- Do I not use the things I have wisely?
- Do I fail to treat my things with respect?

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Jesus is condemned by the Sanhedrin.

### 8. You shall not bear false witness.

To bear false witness means to not tell the whole truth. It is lying, but it is much more than lying. We lie to either make ourselves look good or sometimes to make others look bad. Sometimes we lie to get out of trouble. Sometimes it's so easy to lie that we didn't even realize we lied! The truth is very important because we need to be able to trust each other and understand each other. We need to guard what we say, and say what we mean by speaking the truth.

#### Do you guard what you say? If no:

- Do you lie?
- Do you gossip? (Talk about others when they are not around?)
- Do you boast and make yourself look better than you are?
- Do you point out other people's faults unnecessarily?
- Do you not tell the **whole** truth?
- Do you say things about people that you wouldn't want them to know about?

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

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

Coveting means wanting something really bad. It includes jealousy, but also taking things from other people, or ruining them so they can't have them. We can do this with people—have you ever heard people say, “He's my friend, he can't be yours!” Or with property—for example, you might be angry at your brother and don't want him to have the last cookie, so you eat it or hide it on him. Coveting is a way of being mean. It starts in our thoughts when we judge others. We think about things we can't have, or that we think others shouldn't have and then sooner or later, we act on these thoughts.

**Do you guard your thoughts? If no:**

- Do you fail to keep your mind out of trouble?
- Do you always think about things you can't have?
- Do you ever feel jealous of others?
- Do you have unholy thoughts about others?
- Do you want to destroy what others have, because you can't have it?
- Do you fail to trust in what God has in His plan for you?
- Do you judge others?

Lastly if you're not sure if something is a sin, ask yourself, “**What did Jesus do?**” If Jesus didn't do it, you shouldn't either. Let Jesus be your guide.



## Examination of Conscience for Grade 4

### Prayer for your priest before confession

Heavenly Father, bless your priest who will hear my confession. Fill him with your love and wisdom, that he may guide me closer to you. Jesus Christ, the High Priest, bless your priest, so that he may image your presence to all who come to him. Holy Spirit, come into the heart of your priest, and for the sake of the Church, fill him with your many gifts.

Blessed Mother Mary, wrap your mantle around your priest, and always keep him close to the heart of your son, Jesus. All the Holy Angels and Saints, pray for us during this sacrament and always. Amen.

### Act of Contrition

O my God, I am heartily sorry  
for having offended Thee,  
and I detest all my sins because  
I dread the loss of Heaven and the pains of Hell;  
but most of all  
because they offend Thee, my God, Who art all-good and  
deserving of all my love. I firmly resolve, with the help of Thy  
grace, to confess my sins, to do penance,  
and to amend my life. Amen