

## **Examination of Conscience for Younger Children in Preparation for Confession**

This Examination based on the Ten Commandments (Exodus 20 & Deuteronomy 5) is to be done with the help of a child's parent(s) prior to Confession. The child may want to write down various sins and bring the list with him or her for Confession itself.

*"If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:8-9)*

*"Whoever commits sin also commits lawlessness, and sin is lawlessness." (1 John 3:4)*

- **YOU SHALL HAVE NO OTHER GODS BEFORE THE TRUE GOD.**  
Do I believe in God, the Father, Son, and Holy Spirit?  
Do I believe in Jesus Christ who saved me from my sins?  
Do I trust in God above everything else, including myself, my parents, my family, and my friends?  
Have I thought of myself and my own wants before asking what God wants?  
Do I think I'm the most important thing in my life? How have I done that?
- **YOU SHALL NOT MAKE FOR YOURSELF AN IDOL...YOU SHALL NOT BOW DOWN TO THEM OR SERVE THEM.**  
Have I trusted in things I can see and feel instead of trusting in God?  
Do I love playing with my things and toys more than going to Church and worshiping God?  
Do I think of God and imagine Him as something other than what I see in the icon of Jesus Christ my Savior? How have I done that?
- **YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.**  
Do I speak the name of God and Jesus for no reason, or together with foul language?  
Do I fail to use the name of God and Jesus for the right reason, that is, to call on Him in prayer and thanksgiving?  
Have I learned prayers and made a practice of praying to God during the day?  
Do I learn and know words to songs, movies, and TV shows more than I know the words to the prayers and hymns of the Church?  
Have I paid attention to how I speak so that my words are kind, holy, and true?
- **REMEMBER/OBSERVE THE SABBATH DAY TO KEEP IT HOLY.**  
Do I set apart a day to attend Church for the service to pray and hear God's Word?  
Do I prepare myself to receive the Body and Blood of Christ in Holy Communion for the forgiveness of my sins?  
Have I looked forward to Divine Liturgy on Sunday because it is the day of our Lord's Resurrection from the dead?  
Have I made excuses why I don't want to go to Divine Liturgy?  
Do I forget about going to Church, or throw a fit and resist going to Church, especially on Sundays and Feast days? How have I done that?

- **HONOR YOUR FATHER AND MOTHER.**  
 Do I respect and obey my parents, or do I make fun of them and disobey them?  
 Have I listened to and respected other adults in charge of me in my life, including grandparents, teachers, friends, and officials in the government?  
 Do I go along with and laugh with friends, songs, and shows that disrespect parents and other adults in authority over me?  
 Have I failed to show my parents that I love them? How have I done that?
- **YOU SHALL NOT MURDER.**  
 Have I hurt anyone on purpose either in real life or in a video game by using a weapon, hitting, kicking, or yelling at them?  
 Do I get angry with anyone and wish them harm?  
 Do I hold bad feelings toward or against anyone so that I even hate them or refuse to forgive them?  
 Have I caused someone to get hurt because I was careless? How have I done that?  
 Do I try to forgive people, wish them well, and pray for them, even if they do not like me?
- **YOU SHALL NOT COMMIT ADULTERY.**  
 Do I know and agree that sex, by God's design, is only between husband and wife in marriage?  
 Have I told or laughed at dirty jokes, taken delight in sexually suggestive pictures and shows, or given in to the temptation of touching just for pleasure?  
 Have I desired someone over and over again so that they're the only one I think about?  
 Do I pray that God will keep my parents' marriage strong, and that God will give me a faithful and loving spouse when the time comes?  
 Have I promised God to remain sexually pure until I get married one day by His grace?
- **YOU SHALL NOT STEAL.**  
 Have I ever taken anything that did not belong to me and did not give it back?  
 Have I ever failed to protect something belonging to someone else when I had the chance?  
 Do I try to get things by earning them, being honest and fair, or do I try to get things by tricking others into giving or getting them for me?  
 Do I take care of my own things and the things in my house, neighborhood, and community?
- **YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.**  
 Have I ever lied about or to someone?  
 Have I lied about, gossiped, or spoken evil against someone so that they got in trouble as a result?  
 Have I ever told a truth about someone that I knew would make them look bad?  
 Do I talk with friends about other people for no good reason?  
 Do I try to speak well of, be honest with, and encourage other people, even if they don't like me?
- **YOU SHALL NOT COVET.**  
 Do I always want more than I have, even though I have everything I need?  
 Have I failed to be content with what I have, or thank God for all His gifts?  
 Have I ever wanted something so much that I thought about it all the time and neglected taking care of other more important things?  
 Do I try to give away my things to others who have more need of them?