

Do I live by God's rules?

An examination of conscience for Grade 2

All God's rules come from an understanding of Love. We call this the "Great Commandment":

You shall love the Lord your God with all your heart, with all your soul, with all your strength and your entire 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? Let's look at some of God's rules that help us understand how we should act.

God's Rules

I am the Lord your God, you shall have no other gods beside me.

We no longer see people worshipping golden idols like in the time of the Bible. But we do still place many things before God, give them greater time and attention, and sometimes even want them more. This commandment reminds us to place God first.

Do I place God first in everything?

Do I put TV, music, video games, homework, friends, sports, or other things before my time with God?

Do I forget to make time for God Alone? To pray?

Does my behavior show I respect God's house when I am in church?

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 and worship. By using God's name in other ways, we are showing disrespect to God.

Do I use God's name only in a holy way or for prayer?

Do I say God's name in anger in a bad way?

Do I use bad language?

You shall honor the Lord's day.

This means we should try to make Sunday's different from other days of the week and take time for God. We do this by going to Mass, taking time to pray, and spending time with our families.

Do I keep Sunday special?

Do I complain about going to Mass on Sunday?

Do I fail to pay attention at Mass or during prayer?

Do I save all my homework for Sunday and then not have time for prayer and family?

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 put people in our lives that we need to respect and obey because they are doing what is best for us. By loving them, we love God's plan for us.

Do I respect my authorities?

Do I talk back or disrespect my parents or teachers or other authorities?

Do I feel the listen to my parents when they are talking to me?

Do I listen to my friends more than my parents?

You shall not kill.

Perhaps you think that because you have not killed anyone, this rule does not affect you. This rule can be about not treating others well and killing their happiness. Being very mad at others and wanting to do harm to them would be an example. Sometimes we all get angry, but we need to not act on it. We need to act in love.

Do I love life in all its forms?

Did I get mad at someone?

Did I have a fight or try to hurt someone?

Have I hurt someone's reputation by saying things about them?

You shall not steal.

Stealing is taking something that does not belong to you without asking. It is not borrowing or finding something. It is taking something from someone else.

Do I respect property?

Do I steal - even small things? Or big things?

Do I borrow things and purposely not return them?

Do I take care of my things, including my room and my classroom?

You should not bear false witness.

To bear false witness means to not tell the whole truth. 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 we need to say what we mean by speaking the truth.

Do I guard what I say?

Do I lie? Do I not tell the whole truth?

Do I gossip or talk about people when they are not around?

You shall not covet your neighbor's goods.

Coveting means wanting something really bad. It includes jealousy or ruining other peoples' things so they cannot have them.

Do I guard my thoughts?

Do I think alot about things I can't have?

Do I get mad when someone has something I cannot have?

After completing your examination of conscience, write down the sins you need to tell the priest at confession.