The Ten Commandments

With Questions to Help Prepare for Confession

How can a young man keep his way pure? By guarding it according to Thy word. With my whole heart I seek Thee; let me not wander from Thy commandments! I have laid up Thy word in my heart, that I might not sin against thee. – Psalm 119:9-11

FIRST COMMANDMENT: 'I am the Lord thy God: Thou shalt have no other Gods before me.'

- Have I tried to serve God and keep His Commandments?
- Have I tried to read the Holy Scriptures regularly?
- Have I tried to memorize Scripture verses that will help me know how what pleases God and how to love Him?
- Have I tried to trust in God and His mercy when tempted to worry or be anxious?
- Have I complained against God when life is hard or things don't go my way?
- Have I been regularly thankful for all of God's blessings in my life?
- Did I not make the Sign of the Cross or pray in public for fear of embarrassment or being teased by kids that see me?

Other questions related to this Commandment that I could ask myself:

SECOND COMMANDMENT: 'Thou shalt not make unto thee any graven image.'

- Have I allowed anything to become more important in my life than God, that is, something that I love to do and which causes me to forget or neglect God, or to disobey His Commandments, prayer, worship, etc?
- Have I been prideful or self-centered, expecting people to think highly of me, to do things for me, or to give me things just because I feel like they should? In other words, have I made an idol out of my own ego, living in "I-Ville" instead of "You-Ville"?

Other questions related to this Commandment that I could ask myself:

THIRD COMMANDMENT: 'Thou shalt not take the name of the Lord in vain.'

- Have I said any of God's Names carelessly or jokingly, or used words that are similar to the Lord's Names?
- Have I failed to say my prayers in the morning or evening, or did I pray without being attentive to the words?
- During church services or prayers at home have I tried to listen carefully, and to say the prayers attentively and with feeling from my heart?
- Have I joked about any of the sacred words heard in church, made silly songs out of church hymns, etc?
- Have I tried to give proper honor and respect to holy persons or things, such as the Priests, Antidoron (the blessed bread), Holy Water, Icons, etc.?

Other questions related to this Commandment that I could ask myself:

FOURTH COMMANDMENT: 'Remember the Sabbath Day to keep it holy.'

- Have I tried to keep Sunday dedicated to God, such as giving Him special attention on this day, attending church, trying extra hard to keep His Commandments, reading the Bible or Lives of Saints, serving other people, etc?
- If I could not go to Church because I was sick or no one could take me, have I prayed at home?

Other questions related to this Commandment that I could ask myself:

FIFTH COMMANDMENT: 'Honor thy father and thy mother.'

- Have I respected my parents and Godparents, and been obedient to them?
- Have I tried to be helpful at home, even if I was not asked?
- Have I argued with my parents?
- Have I deceived my parents, lied to them, or caused them pain by my words or actions?
- Have I done my assigned chores as best as I could, as unto the Lord?

Other questions related to this Commandment that I could ask myself:

SIXTH COMMANDMENT: 'Thou shalt not commit murder (kill).'

- Have I held anger against anyone, murdering them with my bad thoughts?
- Have I retaliated against someone who hurt or made me feel upset (that is, have I taken revenge against anyone)?

- Have I harmed others by ridicule, sarcasm, or open disdain?
- Did I fail to try and make peace with someone who hurt or bothered me?
- Have I tried to irritate or provoke others with words or actions, such as taunting or teasing?
- Did I fail to ignore those who are trying to irritate or provoke me?
- Have I physically harmed anyone, especially on purpose?
- Have I ignored others who needed help, or failed to stand up for those unjustly treated?
- Have I been cruel to anyone or have I mistreated or destroyed any life unnecessarily?
- Have I tried to forgive everyone or not keep inside evil thoughts against them?
- Have I tried to be patient, kind and loving to everyone around me, especially my siblings?

Other questions related to this Commandment that I could ask myself:

SEVENTH COMMANDMENT: 'Thou shalt not commit adultery (or unfaithfulness).'

- Have I allowed myself to enjoy impure thoughts, words, or deeds?
- Have I committed any impure actions alone or with others?
- Have I read immoral books or magazines, or delighted in obscenity of any kind?
- Have I been lazy, idle, or wasted my time?
- Have I led others to commit sinful acts?
- Have I been unfaithful to any trust confided in me?

Other questions related to this Commandment that I could ask myself:

EIGHTH COMMANDMENT: 'Thou shalt not steal.'

- Have I ever stolen or wished to do so but was unable?
- Have I shared in stolen goods?
- Have I tithed on my allowance or other income given to me?
- Have I been merciful and kind to the poor with my money and possession?
- Have I kept anything that did not belong to me?
- Have I tried honestly to find owners of lost articles I have found?

- Have I cheated anyone?
- Have I failed to pay my debts?

Other questions related to this Commandment that I could ask myself:

NINTH COMMANDMENT: 'Thou shalt not bear false witness.'

- Have I exaggerated the truth, like when I tell my parents about something my brother or sister did?
- Have I let others take the blame for something I did?
- Have I told lies, or added or subtracted from the truth?
- Have I made careless statements or spoken evil of anyone?
- Have I told any secrets entrusted to me, or betrayed anyone?
- Have I gossiped about anyone or harmed their reputation (that is, have I slandered anyone)?
- Have I tried to see the good in others rather than their shortcomings?

Other questions related to this Commandment that I could ask myself:

TENTH COMMANDMENT: 'Thou shalt not covet.'

- Have I envied anything good that has come to others?
- Have I been jealous of another's good fortune?
- Have I strongly wished for anything that was another's?
- Have I damaged or destroyed the property of others?
- Have I allowed myself to be discontent or sad about what God has given me, grumbling and complaining against God?
- Have I been stingy?
- Have I held back anything I owed to another person?
- Have I hoped for the downfall of anyone so that I might gain by it?
- Have I been gracious and generous to everyone?

Other questions related to this Commandment that I could ask myself: