



Making Good Choices

Our conscience is the inner voice that helps us to know the law God has placed in our hearts. Our conscience helps us to judge the moral qualities of our own actions. It guides us to do good and avoid evil.

The Holy Spirit can help us to form a good conscience. We form our conscience by studying the teachings of the Church and following the guidance of our parents and pastoral leaders.

God has given every human being freedom of choice. This does not mean that we have the right to do whatever we please. We can live in true freedom if we cooperate with the Holy Spirit, who gives us the virtue of prudence. This virtue helps us to recognize what is good in every situation and to make correct choices. The Holy Spirit gives us the gifts of wisdom and understanding to help us make the right choices in life in relationship to God and others. The gift of counsel helps us to reflect on making correct choices in life.

The Ten Commandments help us to make moral choices that are pleasing to God. We have the grace of the sacraments, the teachings of the Church, and the good example of saints and fellow Christians to help us make good choices.

Making moral choices involves the following steps:

1. Ask the Holy Spirit for help.
2. Think about God's law and the teachings of the Church.
3. Think about what will happen as a result of your choice. Ask yourself, will the consequences be pleasing to God? Will my choice hurt someone else?
4. Seek advice from someone you respect and remember that Jesus is with you.
5. Ask yourself how your choice will affect your relationships with God and others.

Making moral choices takes into consideration the object of the choice, our intention in making the choice, and the circumstances in which the choice is made. It is never right to make an evil choice in the hope of gaining something good.