



# Catholic Central Activity Guide

## Episode 38: Formation of Conscience

### Diving Deeper

- ▶ Think about a time when you allowed your conscience to help you make a decision that you know was right, even if it was challenging. Now think about a time when you made a choice you later regretted or felt uneasy about, when you ignored your conscience. Does reflecting on these examples help you to recognize the different senses you have of the small whispering voice of your conscience?
- ▶ Do you find it easy or challenging to take time in your day to be still and listen within? What might you try to help you grow in the discipline of taking interior time?
- ▶ Who are some moral theologians you deeply respect? What about their writings on morals and ethics do you most resonate with? Why?

### Go Forth

- ▶ For each of the 10 Commandments, instead of thinking of the “shall nots”, come up with one invitation that each commandment offers. Reflect on an example of a time when you accepted that invitation for each commandment.
- ▶ To help yourself to better hear the voice of your conscience, practice doing a brief (5 minute) Awareness Examen at the end of each day. Allow yourself to be still and present with God. Ask for the grace you desire. Reflect on your whole day by noticing the places where you felt closest to or farthest from God. Thank God for the things you’re grateful for, and ask for God’s grace and strength in those places where you were most challenged. Talk to God as a friend about your day. Lastly, see if you notice any words, phrases, senses, or ideas arise from talking with God about how to approach the next day.



### Resources

- ▶ [The Catechism on the Conscience](#)
- ▶ [Bishop Barron on Conscience and Morality](#)
- ▶ [Fr. Ron Rolheiser on Categorical Imperatives](#)

