

Conscience

VIDEO LINK

<https://youtu.be/OzHt-AYx8ls>

GOAL SUMMARY

The goal of this video is to help teens learn to recognize and listen to their conscience, allowing it to guide them in their lives.

VIDEO SUMMARY

In this video, through stories and explanation, Patrick explains what our conscience is, as well as how it works. He reminds us that though we have a conscience, we still have free will; though our conscience may tell us to do one thing, we have to make a choice to listen and allow our conscience to be our guide.

DISCUSSION QUESTIONS

1. Patrick shared two stories with us (one about his rock collection and the other about his friends adding alcohol to their orange juice); why do you think he remembers those stories so clearly?
2. How is our conscience the secret core and sanctuary of every man, where we are alone with God?
3. Why is silence and reflection important for developing your conscience?
4. The apostle Paul says “the demands of God’s laws are written on our hearts while our conscience also bears witness and our conflicting thoughts accuse or even defend us”. What does it mean to say that God’s laws are written on our hearts?
5. How does our conscience witness the various actions we do/do not take? How does this affect us?
6. What does it mean when Paul says ‘our conflicting thoughts accuse or even defend us’?
7. What can you do to decide to listen to your conscience as it helps guide you to make a choice that may not be easy?

SEND

The purpose of this session was to help young people realize that they have the law of God, knowing right/wrong, written on their hearts. This voice that helps guide their decision making is called their ‘conscience’. Developing our consciences is not easy, but it is important and certainly worthwhile. Encourage the young people to make good decisions in all situations, even when they may be the only ones making that decision.

Close in prayer by praying together the Prayer for Conscience Formation (from the USCCB)

I praise you Lord for creating me in Your divine image. Thank you for giving me a free will to know You and love You. Open my heart to Your teachings and help me to form my conscience according to Your will.

Please strengthen me with the virtues of faith, hope, love, and especially prudence. Grant me Your loving guidance each day and send me the graces to always do Your will, even when most difficult. Amen.