**How to Develop a Well-Formed Conscience**

“Everyone is required to form the conscience according to the moral law taught by Jesus Christ and transmitted by the Church. An individual can enjoy the absolute assurance that if one sincerely tries to know and understand the teachings of the Catholic Church on moral matters and attempts to apply that knowledge to his or her actual situations and circumstances, then he or she will be acting in good conscience.” (*Our Moral Life in Christ,* p. 52)

1. **Learn the moral teachings of the Church**
	1. It is not enough to want to do good. We must know that truly is good.
	2. Study the Catechism of the Catholic Church
	3. The Magisterium is unchanging because it is rooted in Scripture and Tradition, so studying its teachings is studying the mind of Christ
2. **Approach matters of faith and morals with an attitude of humility**
	1. An attitude of faith and obedience is required to accept Church teachings even when they seem hard to understand or go against conventional ideas of the modern age
	2. We cannot ignore Church teachings or refuse them because decisions made on our own may be errored or may lead us into sin
3. **Engage in sincere prayer and meditation**
	1. Fundamentally, the role of conscience is to do God’s will
	2. Prayer is conversation with God so that God can communicate his will to us
	3. This leads us into deeper sharing of Christ’s life that goes beyond simple memorization of dogma
	4. We develop an **“interior life”** = a relationship with God
	5. Read the Scripture and receive the Holy Eucharist frequently
4. **Develop and maintain a well-formed conscience through frequent and honest self-examination**
	1. **Examination of conscience** = careful and prayerful interior evaluation of our thoughts, words, and deeds
	2. A team watches film to correct their mistakes just like an examination does the same with our souls
	3. Should be performed daily to examine our actions but also included sincere repentance, vowing to avoid sin in the future
5. **Participate frequently in Reconciliation**
	1. Examination of Conscience leads us here
	2. Our soul is cleansed and will strengthened
6. **If possible, seek spiritual direction**
	1. One meets with a spiritual director to discuss their interior life or to help them in matters of conscience
	2. A director needs to be well formed in the teachings of the Church