

Informed Conscience

In the formation of conscience the Word of God is the light for our path; we must assimilate it in faith and prayer, and put it into practice.

– Catechism of the Catholic Church, 1785

Let us put the above wisdom from the Catechism into practice.

1. Read the following text (1 Corinthians 13:1-8, 13) quietly to yourself:

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. And now faith, hope, and love abide, these three; and the greatest of these is love.

2. Pause for a minute's silence.
3. Read the above text again (slowly and quietly).
4. Pick out a word or a phrase that struck you and write it here:

5. In the space below comment on your word/phrase. What struck you about it? Why/how is it speaking to you?

6. Continue to meditate on the above text. The following questions may be helpful: What does this text mean to me? How does it make me feel? Do I find the text disturbing/hopeful/confusing? What images of God emerge for me? What do I think that God is saying in this text? What impact will this have on my life?

7. Finish by reciting the Serenity Prayer:

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.