

## Conscience

Conscience is that most interior place within us where we are alone with God. It is the “sanctuary” of the human person, where God’s voice is heard in the depth of our hearts, guiding us toward what is true and good.

The Church teaches that conscience is a judgment of reason by which we recognize the moral quality of a concrete act—what is good, what is harmful, and what leads us closer to or away from God.

Even when someone has chosen poorly, the voice of conscience does not disappear. Instead, it can become the beginning of conversion. It is often in that moment of awareness that God gently calls us back toward mercy, healing, and hope.

A well-formed conscience is one that is shaped over time to be honest, clear, and rooted in truth. It does not simply rely on feelings or personal opinion, but is formed by:

- Prayer and reflection
- The Word of God
- The teachings of the Church
- Wise counsel and spiritual guidance
- An honest examination of life and choices

When we are faced with decisions, conscience helps us judge what is right. Sometimes that judgment is clear and in harmony with God’s truth; at other times it can be mistaken. For that reason, conscience itself must always be formed and reformed throughout our lives.

We are always called to follow the certain judgment of our conscience. At the same time, we are responsible for making sure that our conscience is being formed in truth, not in isolation or confusion.

God’s Word is a light for our path. When we take it seriously—praying with it, reflecting on it, and living it—we begin to see more clearly how God is speaking to us in our everyday decisions.

Conscience is not just about rules or right and wrong in a narrow sense. It is about relationship. It is the place where God speaks, and where we learn to respond with honesty, freedom, and love.