

our environment, culture, families, and peer groups. To simply listen to our interior Geiger counter would be so simple. To simply do what someone else tells us to do might be equally simple. But neither would represent a sufficiently conscientious decision.

What is the middle path? The Church teaches us that we must always obey the “certain judgment” of our conscience. (CCC, 1790) Yet we have an obligation to see that we have informed our conscience to the best of our ability and to follow our best judgment. We must thoughtfully ponder the relevant circumstances and all the values involved. Yet we will need outside help in complicated situations. Prayer will be an essential help in discerning what is pleasing to

God. The values of human dignity and the common good must be considered. The Word of God, especially the life and message of Jesus, should be our guide. The collective wisdom of our Church and its moral tradition are available to assist us and should be carefully heard.

So we never need to stand alone in our decision making. We can face even thorny and complex situations with confidence. We are endowed with an intellectual capability of deciding, and we have at our disposal the resources to make our decision an informed one. Having done our best, we can be at peace knowing that we have done all that God requires.

*We should  
do our best  
to inform our conscience  
and then  
to follow it.*

### *For Reflection*

- What sources have you drawn upon in the past when you were called upon to make a serious moral decision?
- How have these sources assisted you in making an informed decision of conscience?