



We form our conscience.

WE GATHER

✝ *Jesus, help us to follow your example of holiness.*

Think about one of the times in your life when you received a special gift. How did you show that the gift was important to you?

WE BELIEVE

Conscience is a gift from God. In a letter Saint Paul wrote to Timothy about following the teachings of Christ, he said:

“The aim of this instruction is love from a pure heart, a good conscience, and a sincere faith” (1 Timothy 1:5).

A good conscience leads us to be truthful and fair. It guides us to make decisions that are based on the actions and teachings of Jesus. A good conscience helps us to live the way God created us to live.