

STEPS TO FOLLOW IN THE FORMATION OF CONSCIENCE

Third Order Carmelites

Virtual Day of Recollection - March 20, 2021

Msgr. Pat Stilla

#1



#2



#3

EXAMINING MYSELF

- 1. as a human being**
 - ~ Why am I doing this?
 - ~ What are my attitudes?
 - ~ Would I want this done to me? (do unto others...)
- 2. as a Christian**
 - ~ What would Jesus have done in this case?
 - ~ The 10 Commandments
 - ~ The Teachings of Jesus
 - in the Gospels
 - In the Beatitudes
- 3. as a Roman Catholic**
 - ~ What is the teaching of the Church in this matter?
 - ~ Why does the Church teach this?
- 4. as one in my position or vocation**
 - ~ Trust / authority / power

CONSULTING OTHERS

- 1. Consulting God**
 - ~ Prayer and reflection
- 2. Experts in the field**
 - (not just those whom we know will agree with us)
- 3. Family or friends**
 - (those who genuinely love us and care for our well-being)
- 4. Other persons directly or indirectly effected by my decision/action**
 - (spouse/parent/student/patient/constituents, etc.)

THE CIRCUMSTANCES

- 1. No fabrication or manipulation of the circumstances**
- 2. Consider the pros and cons of this action**
- 3. Any other circumstances?**
- 4. 3 Moral Principles to use**
 - 1. Principle of Totality**
 - (does not apply to States)
 - 2. Principle of the 'Lesser of Two Evils'**
 - 3. Principle of Double Effect**

Things to Avoid:

Lax or Scrupulous Conscience
Not accepting responsibility for mistakes
Using religion/other, to justify evil actions

In the end Am I at peace with my decision?"