

There are some things that will help in making a good choice:

- to pray and ask for help.
- to get advice from someone you trust and know makes good choices.
- to think about the possible consequences of the choices.
- will it have a good effect on yourself and on others?

Many Christians pray every day for the help they need to make good choices. Every day, usually before going to sleep, many Christians 'examine their life' ('conscience'). This means that they think about what has happened during the day and how they have tried to be the kind of person that God who loves them, wants them to be. They think about what they have done during the day – the good choices they have made for which they say thank you, and the bad choices for which they are sorry. The wrong choices which are done on purpose are sins – that is something that spoils or breaks friendship with God and with other people. Sin is anything that breaks God's law of love. It is always something that has been done on purpose, not accidentally, or it is something we should do and purposely do not do it. This is the process of examining your life, conscience.

SOME THINGS TO CONSIDER

When would be a good time to examine your life (conscience)?

How do you think this helps you?

How would you describe a sin?

How would you know your action was good or wrong?

How would you set about putting it right?

Think of ways in which you can make amends for your wrong choices.