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Como fazer um bom exame de consciência?

8i fUbhY U dfYdUfU, ~c dUfU U WtbgU[fU, ~c U B cggU GYb\cfUž G~c @i tg A Uf]U ; f][b]cb XY A cbhZcfhfYVta YbXU Uc W]gh~cž ei Y gY dfYdUfU dUfU YggU YbhfY[U XY Ua cfž ei Y'gY'Udfcl]a Y'Xc'`gUWUa Ybhc'XU'WtbZ]gg~c"

5gg]a Wta c i a U dfUH'Y]fUž cbXY gY UWa i`U dCž dfYV]gU gYf YgdUbUXU WtbghUbhYa YbhY dUfU b~c a UbhYf gi`U hcXU U W]gUž Ugg]a hJa Vfa bcggUg U'a Ug dfYV]gUa gYf ÍYgdUbUXUgí Wta ŽYei .bW]U dUfU dcXYf`i n]f a Y`cf" A Ug UZ]bU'žc ei Y f U WtbZ]gg~cžY'dcfei Y'h~c'dci WtgW]hCE]Wtg'U'dfUh]WJa 3

Definição do Sacramento da Confissão



5 7cbZ]gg~c f c a Y]c dYfZY]htgg]a c]bgh]hi žXc dcf >Ygi g 7f]ghc dUfU dYfXcUf cg bcggcg dYW]Xcg" 5hfUj fg XU 7cbZ]gg~c hYa cg U WfhYnU XY ei Y Zca cg dYfXcUXcg" B U <]ghCE]U GU[fUXUj Ya cg ei Y 8Uj] dUggci i a Uj]XU]bhY]fU'ZUnYbXc'dYb]h.bW]U'dY'c'gYi`dYW]XcžgYa`gU'VYf'gY'8Yi'g'c'dYfXcUfU'ci`b~c"

<cYž VUghU bcg U'cY`Ufa cg Ya i a WtbZ]gg]cbzf]c Yž Wta `i a]`XUXY Y UffYdYbX]a Ybhcž XYW]bUfa cg Ug bcggUg ZU'hJg U i a gUW]fXchY dUfU ei Y bcg`Yj UbhYa cg Wta`U'hfUbei]`]XUXY`XY'hYfa cg]g]Xc`]bhY]fUa YbhY'dYfXcUXcg"

Dcf fa ž dUfU ei Y U WtbZ]gg~c gY'U j z`]XU Y U WfhYnU]bhY]fUž f bYW]ggzf]c U cVgYfj | bW]U'XY'U'[i bg'dcbhcg."

1. A confissão de todos os pecados, sem omitir nenhum, por mais grave que seja;
2. O sincero arrependimento, ou seja, a decisão de não cometer mais estes pecados;
3. Cumprir a satisfação que o padre anuncia, ou seja, a penitência

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que ele dá para cada fiel.

5gg]a ž Vča YghYg dcbhcg UhYbX]Xcgž c Z]Y` dcXY hYf U WfHYnU Y c U`h]]c XY ei Y Zc] dYfXcUXc" 7ca c c dUXfY X]nbU UVgc`j], ~c UdCg U 7cbZ]gg~c. Í HY VčbWfXcždY`c a]b]ghf]c XU`=[fY`Užc`dYfX~c Y`U`dUnĀ"

Exame de consciência

C Yi Ua Y XY VčbgWf..bWfU f c Uhc fYU`]nUXc UbhYg XU VčbZ]gg~cžcbXY c Z]Y` fY`Ya VfUžY UbchU fbY ` [Uf bYWfggzf]cłž cg gYi g Uhcgž Xcg ei U]g XYgY`U dYX]f dYfX~c U 8Yi g" 7ca c gUVYfžYbhfYhUbcžbc`ei Y`Yi `cZYbX]`U`8Yi g3

5 GUbhU =[fY`U dfYdUfU i a dYei Ybc ei Ygh]cbzf]c cbXY YbVčbhfUa cg Ug hfUbg] fYgg" Yg a U]g [fUj Ygž Uei Y`Ug ei Y cZYbXYa cg %\$ a UbXUa Ybhcg" DUfU c Wf]gh~c ei Y b~c gY VčbZYggU \z a i]hc hYa dcž gYfz a Y`cf ei Y Y`Y gY a UbhYb\U UhYbhc gcVfYh Xc U YghU`dUfhY"

CONTRA O PRIMEIRO MANDAMENTO

7fY]c Z]Y`a YbhY Ya hi Xc c ei Y 8Yi g fYj Y`ci ž ci Xi j]XY] j c`i bhUf]Ua YbhY XY U`[i a UXci hf]bU XU =[fY`U 7UhC]W] 5dcghC]W] F ca UbU3 @]ž Ugg]bY]ždi V`]ei Y]ždfcdU[i Y]ž Ya dfYghY] `]j fcgž Zc`Yhcgž fYj]ghUgž ci `cfbU]g \cgh]g U 8Yi g Y { gUbhU fY] []~c3 5gg]gh] { gYgg~c Ygd#]hUž Uc W`hc dfchYghUbhYž ci XY fY] []" Yg b~c Wf]gh~g3 : U`Y] a U` XY 8Yi gž VčbhfU U gi U GUbhU A ~Yž A Uf]U GUbh]gg]a Už VčbhfU cg gUbhcgž VčbhfU U =[fY`U Y gYi g a]b]ghf]cg3

CONTRA O SEGUNDO MANDAMENTO

6`UgZYa Y]`VčbhfU`8Yi g3>i fY]`c`gYi `gUbhc`bca Y`gYa `bYWfgg]XUXY3

CONTRA O TERCEIRO MANDAMENTO

8Y]I Y] XY ci j]f Ua]ggU]bhY]fU Ucg Xca]b[cg Y ZYghUg XY [i UfXU dcf W`dU dfCdf]U3 DfcZUbY]`U`=[fY`U`dcf`Včbj YfgUgžc`\UfYg]`bX]gWfYhcgžbUa cfcgždcf`hfU`Y]`bXYWf]bhY3

CONTRA O QUARTO MANDAMENTO

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DUFU cg Z]\cg.

XYgf

ZU'UbXc!\Yg UgdYfUa YbhY ci fYgdc bXYbXc!\Yga U'3A i fa i fY] VčbhfU Y'Yg3 8 Ygc VYXYWY3 C VYXYWY'XY'a z'j cbHXY3

DUFU cg dU]g. 8 YgW]XY]! a Y XU YXi WU, ~c Ztg]WU Y]bhY'YWU U'3 Df]bW]dU'a YbhY XU YXi WU, ~c fY] []cgU Xcg a Yi g Z]\cg3 B ~c cg a UbXY] { A]ggU Ucg Xca]b[cg Y ZYghUg XY [i UfXUž Uc WUhyWYga c3 7i]XY] XY gi Ug VcUg 'Y]hi fUgž fYdf]a] X]j Yfh]a Ybhcg]a df]df]cg3 8 Y]!\Yg'a Ui 'Yi Ya d'c3'8 Y]i Y] XY Včff] []!\cg3'7 Ugh] [i Y]! cg Vč'a]a dUW]. bW]U'ci]fU3

CONTRA O QUINTO MANDAMENTO

CX]Y] c df]]a c3 8 YgY'Y]!\Y a U'3 DfY' X]ei Y] a]b\UgU• XY dcf YI Wggc XY Vč'a]XU Y VYV]XUž gcVfYh Xc VYV]XUg U'Vč]WUg3 I gY] Xfc [Ug3 HYbhY] VčbhfU U df]df]U j]XU ci VčbhfU U j]XU Xc df]]a cž ci U]a YbhY] YghYg dYbgUa Ybhcg3 F c [i Y] dfU [Ug3 A U'hfUHY] Ub]a U]g3

CONTRA O SEXTO E NONO MANDAMENTOS

7cbgYbh] Ya dYbgUa Ybhcg XYgcbYghcg Y Ya a Ui g XYgY'cg3 C'\Y]]bX]gWYHU Y a U]W]cgUa YbhY dUFU Vč]gUg]bXYWbhYgž dYggcUg XYgVč'a dchgUg3 H]j Y Včbj YfgUg]a cfU]g3 @ Y c'\Y]]j fcg Y fYj]ghUgž YghUa dUg Y Zchc [fUZ]Ug cVgW]bUg Y]a cfU]g3 DfU]h]ei Y] Uhcg]bXYWbhYgVč'a] [c'a Yga c3: U'hY] Vč'a 'c'di Xcf'Y'a cXfgh]U'Ya 'a Yi g'hfU'Yg3

DUFU cg W]gUXcg. dfcW fY] gU]hgZU, ~c W]fbU' ZcfU Xc a Uhf]a ' b]c fUXi 'hff]c ci dYWUXc'gc']hzf]c 'E' a Ugh fVU, ~cŁ3'

CONTRA O SÉTIMO E DÉCIMO MANDAMENTOS

F ci VY]žZi fhY]žUW]hY] cV'Yhcg Zi fhUXcgž [i UfXY]!cg3 B ~c XYj c'j] Uc Xcbc i a cV'Yhc UWXUxc ci Ya dfYghUXc3 8 Y]i Y] XY dU [Uf Ug X#]XUgž ci Z]n X#]XUg ei Y gUV]U ei Y b~c dcXYf]U dU [Ufž Vč'a c]bhi]hc XYžXY ZUhcž b~c dU [z! 'Ug3 B ~c dU [i Y] Uc cdYfzf]c c gU'zf]c ' ghc3 8 Y] dfY' 'nc j c' i bhzf]c 'Uc' df]]a c3 8 YgdYfX]W] 'c X]b\Y]fc 'Ya 'Zi h]]XUXYg3

CONTRA OITAVO MANDAMENTO

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A Ybh]3 J]c`Y] gY[fYXcg3 @Yj UbhY] ZU`gc hYghYa i b`c3 Gi di g a zg]bhYb, " Yg3 :]n
↑ †ncg hYa Yfzf]cg3:]b[] XcYb, UgždcVfYnUžd]YXUXY dUfU Yb[UbUf ci ci hfcg3 8 Y] ci j]Xc U
Včbj YfgUg`VčbfU`Uj]XU`U`Y]U3

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