

# 5 f h] [ c g

## 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~cžei 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'Yf'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 Vč a 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]cbzfc]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]Wf 5dcghC]Wf 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]f]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]ghfcg3

## 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!\YgUgdYfUa YbhY ci fYgdcBXYbXc!\Yga U'3A i fa i fY] VčbhfUY`Yg3 8 YgcVYXYWY3 C VYXYWY`XY'a z'j cbHUXY3

DUFU cg dU]g. 8 YgW ]XY]! a Y XU YXi WU, ~c Ztg]WU Y ]bhY`YWU U'3 Df]bWYdU'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]h fUgž fYdf]a ] X]j Yfh]a Ybhcg ]a dfCdf]cg3 8 Y]!\Yg'a Ui `Yi Ya d`c3'8 Y]i Y] XY Včff][ ]!\cg3'7 Ugh][ i Y]!cg Vča `]a dUWY.bWYU'ci `]fU3

## CONTRA O QUINTO MANDAMENTO

CX]Y] c dfC]a c3 8 YgY`Y]!\Y a U'3 DfY' X]ei Y] a ]b\UgU• XY dcf Yi Wggc XY Vča ]XU Y VYV]XUž gcVfYh Xc VYV]XUg U`VčC]WUg3 I gY] Xfc [Ug3 HYbhY] VčbhfU U dfCdf]U j ]XU ci VčbhfU U j ]XU Xc dfC]a cž ci U]a YbhY] YghYg dYbgUa Ybhcg3 F c[ i Y] dfU[ Ug3 A U`hfUH] 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]WYcgUa YbhY dUFU Vč]gUg ]bXYWYbhYgž dYggcUg XYgVča dchgUg3 H]j Y Včbj YfgUg ]a cfU]g3 @ Y c`\Y] `]j fcg Y fYj ]ghUgž YghUa dUg Y Zchc[ fUZ]Ug cVgWYbUg Y ]a cfU]g3 DfUh]ei Y] Uhcg ]bXYWYbhYgVča ][ c'a Yga c3: U`hY] Vča `c'di Xcf`Ya cXfgh]U`Ya `a Yi g`hfU`Yg3

DUFU cg WUgUXcg. dfcW fY] gU]hgZU, ~c WUfbU` 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]žUWY]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 Vča c ]bhi ]hc XYžXY ZUhcz b~c dU[ z!\Ug3 B ~c dU[ i Y] Uc cdYfzf]c c gU'zf]c ↑ ghc3 8 Y]`dfY'† ꞥc j c`i bhzf]c`Uc`dfC]a c3 8 YgdYfX]WY]`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  
Vt bj YfgUg`Vt bhfU`Uj ]XU`U`Y]U3

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