

The Precepts of the Church

(Catechism of the Catholic Church 2041-2043)

The precepts of the Church are set in the context of a moral life (staying in God's grace) bound to and nourished by liturgical life. The obligatory character of these requirements decreed by the pastoral authorities is meant to guarantee to the faithful the indispensable **minimum** in the spirit of prayer and moral effort to grow in love of God and neighbor:

1) You shall attend Mass on Sundays and Holy Days of Obligation.

- This precept requires the faithful to participate in the Eucharistic celebration when the Christian community gathers together on the day commemorating the Resurrection of the Lord.
- The Holy Days of Obligation are: All Sundays, The Nativity of our Lord Jesus Christ (December 25), Holy Mary, Mother of God (January 1), Her Assumption into Heaven (August 15), Her Immaculate Conception (December 8), All Saints (November 1).

2) You shall confess your sins at least once a year.

- The sacrament of Confession ensures preparation for the proper reception of Holy Communion. This sacrament continues Baptism's work of conversion and forgiveness.

3) You shall humbly receive your Creator in Holy Communion at least during the Easter season.

- This guarantees as a minimum the reception of the Lord's Body and Blood in connection with the Paschal feasts, the origin and center of the Christian liturgy.
- Note that one is not required to receive Holy Communion at every Mass and one ought not to receive if one is not properly prepared.

4) You shall keep holy the holy days of obligation

- This completes the Sunday observance by participation in the principal liturgical feasts which honor the mysteries of the Lord, the Virgin Mary, and the saints.
- Catholics are to abstain from those works and affairs which hinder the worship to be rendered to God, which hinder the joy proper to the Lord's day, or hinder the suitable relaxation of mind and body.

5) You shall observe the prescribed days of fasting and abstinence.

- This ensures times of self-control and penance which prepare us for the liturgical feasts; they help us acquire mastery over our instincts and freedom of heart to stay with God.

- The primary days of fasting and abstinence are Ash Wednesday and Good Friday (the day Jesus suffered and died for our salvation) and all Fridays during Lent.
- The Church also requires that we fast on all Fridays throughout the year by abstaining from meat or by doing another penance.

The faithful also have the duty of providing for the material needs of the Church, each according to his abilities.

We/I, the Catholic parent(s) of

List child(ren) here:

_____, _____, _____,
_____, _____, _____,
_____, _____, _____,

promise, as we did at our children's Baptism, our own Confirmation, and at every Holy Mass when we profess the Creed, to live our Catholic Faith by following at least the **minimum** requirements listed above. We/I desire this, with the help of God's grace, in order to give good Christian example to our children so that they may know the ways of God and receive eternal life in heaven.

Catholic Father's Signature: _____

Print Father's Name: _____

Catholic Mother's Signature: _____

Print Mother's Name: _____

Date: _____