

**People often ask:**

**WHAT DOES IT MEAN TO PRACTICE THE FAITH AS A CATHOLIC?**

### **THE PRECEPTS OF THE CATHOLIC CHURCH**

The *Catechism of the Catholic Church* lists 5 precepts.

- I. To attend Mass on Sundays and Holy Days of Obligation, and resting from servile works.
- II. To observe the days of abstinence and fasting.
- III. To confess our sins to a priest, at least once a year.
- IV. To receive Our Lord Jesus Christ in the Holy Eucharist at least once a year during Easter Season.
- V. To contribute to the support of the Church.

**Parents ask: What are the goals of Life-Time Faith Formation?**

### **THE 6 TASKS OF FAITH FORMATION**

- (1) To know the faith
- (2) To participate in the Church's liturgical/sacramental life
- (3) To integrate moral formation into Christian way of life
- (4) To learn to pray
- (5) To prepare for and participate in the Christian community
- (6) To develop disciples for Christ with a **missionary spirit**