The Lay Faithful have a DUTY...

...to maintain communion with the Church. (can. 209 §1)
...to fulfil their obligations to universal Church and Particular Church according to the prescripts of the law. (can. 209 §2)
...to direct their efforts to lead a holy life. (can. 210)
...to promote the growth of the Church. (can. 210)
...to promote the continual sanctification of the Church. (can. 210)
...to follow, with Christian obedience, those things which the sacred pastors, inasmuch as they represent Christ, declare as teachers of the faith or establish as rulers of the Church. (can. 212 §1)
...to assist with the needs of the Church so that the Church has what is necessary for divine worship, for the works of the apostolate and of charity, and for the decent support of ministers. (can. 222 §1)
...to promote social justice and, mindful of the precept of the Lord, to assist the poor from their own resources. (can. 222 §2)
...to take into account the common good of the Church, the rights of others, and their own duties toward others. (can. 223 §1)
...to obey ecclesiastical authority when their direct the exercise of rights which are proper to the Christian faithful. (can. 223 §2)
...to imbue and perfect the order of temporal affairs with the spirit of the gospel and thus to give witness to Christ, especially in carrying out these same affairs and in exercising secular functions. (can. 225 §2)
...to take care that their actions are imbued with the spirit of the gospel and are to heed the doctrine set forth by the magisterium of the Church. (can. 227)

...not to set forth their own opinion as the doctrine of the Church. (can. 227)
...not to claim the name ‘Catholic’ for any undertaking of theirs without the consent of the competent ecclesiastical authority. (can. 216)

For those who live in the marital state:
...to work through marriage and the family to build up the people of God. (can. 226 §1; CCC 2197ff.)

For those lay people who permanently or temporarily devote themselves to special service of the Church (i.e., employees or those who render specific types of institutional aid to the Church):
...to acquire the appropriate formation required to fulfill their function properly and to carry out this function conscientiously, eagerly, and diligently. (can. 231 §1)

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**PRECEPTS OF THE CHURCH**

I. To attend Mass on Sundays and Holy Days of Obligation and rest 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.

VI. To obey the laws of the Church concerning Matrimony.

VII. To participate in the Church's mission of Evangelization of Souls.
The Lay Faithful have a RIGHT...
...to have recognized that freedom which all citizens have in “the affairs of the earthly city.” (can. 227; CCC 2238ff.)
...to be free from any kind of coercion in choosing a state of life. (can. 219; CCC 2230-2231)
...to a good reputation. (can. 220)
...to be free from illegitimate harm to one’s good reputation. (can. 220)
...to protect one’s own privacy. (can. 220)
...to receive assistance from the sacred pastors out of the spiritual goods of the Church, especially the word of God and the sacraments. (can. 213)
...to a Christian education by which they are to be instructed properly to strive for the maturity of the human person and at the same time to know and live the mystery of salvation. (can. 217)
...to worship God according to the prescripts of their own rite approved by the legitimate pastors of the Church and to follow their own form of spiritual life so long as it is consonant with the doctrine of the Church. (can. 214)
...to freely found and direct associations for purposes of charity or piety or for the promotion of the Christian vocation in the world and to hold meetings for the common pursuit of these purposes. (can. 215)
...to promote or sustain apostolic action even by their own undertakings, according to their own state and condition. (can. 216)
...to make known to the pastors of the Church their needs, especially spiritual ones, and their desires. (can. 212 §2)
...to manifest to the sacred pastors their opinion on matters which pertain to the good of the Church and to make their opinion known to the rest of the Christian faithful, all without doing harm to the integrity of faith and morals, with reverence toward their pastors, and attentive to common good and the dignity of persons. (can. 212 §3)
...to legitimately vindicate and defend the rights which they possess in the Church in the competent ecclesiastical forum according to the norm of law. (can. 221 §1)
...to be judged according to the prescripts of the law applied with equity when engaged in a trial. (can. 221 §2)
...not to be punished with canonical penalties except according to the norm of law. (can. 221 §3)
...to acquire that fuller knowledge of the sacred sciences which are taught in ecclesiastical universities and faculties or in institutes of religious sciences, by attending classes there and pursuing academic degrees. (can. 229 §2)

For those lay people who permanently or temporarily devote themselves to special service of the Church (ie. employees or those who render specific types of institutional aid to the Church):
...to decent remuneration appropriate to their condition so that they are able to provide decently for their own needs and those of their family.
...to their social provision, social security, and health benefits. (can. 231 §2)

For those engaged in scholarship in theology, philosophy, history, law, etc:
-Right of inquiry and of expressing their opinion prudently on those matters in which they possess expertise, while observing the submission due to the magisterium of the Church. (can. 218)

The Lay Faithful have a DUTY and a RIGHT:
...to work so that the divine message of salvation is made known and accepted by all persons everywhere in the world. This obligation is even more compelling in those circumstances in which it is only through the lay faithful that people may hear the gospel and know Christ. (can. 211; 225 §1)
...to acquire knowledge of Christian doctrine appropriate to the capacity and condition of each in order for them to be able to live according to this doctrine, announce it themselves, defend it if necessary, and take their part in exercising the apostolate. (can. 229 §1)

For parents: ...to educate their children according to the doctrine handed on by the Church. (can. 226 §2; CCC 2225-29)