

The Precepts of the Catholic Church Acknowledgement Form

(From the Catechism of the Catholic Church, paragraphs 2041-2043)

The precepts of the Church are set in the context of a moral life [i.e., 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 very necessary 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 and rest from servile labor.

- 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.
- Resting from servile labor ensures works and activities that would impede the sanctification of Sundays and Holy days are set aside.

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 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 abstain from meat on all Fridays throughout the year or do another penance in its place.*

5) You shall help to provide for the needs of the Church.

- This means that the faithful are obliged to assist with the material needs of the Church, each according to his own ability.
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Acknowledgement of Catholic parent(s) or guardian:

I acknowledge that at my child(ren)'s baptism and at my own baptism and Confirmation that I promised and continue to promise at every Holy Mass when I profess the Creed, to live the Catholic Faith by following at least the minimum requirements listed above, which are in accordance with God's Ten Commandments and the two Great Commandments. I desire to practice these precepts, with the help of God's grace, in order to give good Christian example to my children so that they may know the ways of God and receive eternal life in heaven.

******If registering online, the registration document signature takes the place of a handwritten signature.***

Printed Name

Date

Signature