



PRECEPTS OF THE CHURCH

“The precepts of the Church are set in the context of a moral life bound to and nourished by liturgical life. The obligatory character of these positive laws decreed by the pastoral authorities is meant to guarantee to the faithful the very necessary minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor:

The first precept (‘You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor’) requires the faithful to sanctify the day commemorating the Resurrection of the Lord as well as the principal liturgical feasts honoring the mysteries of the Lord, the Blessed Virgin Mary, and the saints; in the first place, by participating in the Eucharistic celebration, in which the Christian community is gathered, and by resting from those works and activities which could impede such a sanctification of these days.⁸²

The second precept (‘You shall confess your sins at least once a year.’) ensures preparation for the Eucharist by the reception of the sacrament of reconciliation, which continues Baptism's work of conversion and forgiveness.⁸³

The third precept (‘You shall receive the sacrament of the Eucharist at least during the Easter season’) 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.⁸⁴

The fourth precept (‘You shall observe the days of fasting and abstinence established by the Church’) ensures the times of asceticism and penance which prepare us for the liturgical feasts and help us acquire mastery over our instincts and freedom of heart.⁸⁵

The fifth precept (‘You shall help to provide for the needs of the Church’) means that the faithful are obliged to assist with the material needs of the Church, each according to his own ability.⁸⁶

The faithful also have the duty of providing for the material needs of the Church, each according to his abilities.⁸⁷” *Catechism of the Catholic Church (CCC) 2041-2043*

⁸² Cf. CIC, cann. 1246-1248; CCEO, can. 880 § 3, 881 §§ 1, 2, 4.

⁸³ Cf. CIC, can. 989; CCEO, can. 719.

⁸⁴ Cf. CIC, can. 920; CCEO, cann. 708; 881 § 3.

⁸⁵ Cf. CIC, cann. 1249-1251; CCEO, can. 882.

⁸⁶ Cf. CIC, can. 222; CCEO, can. 25; Furthermore, episcopal conferences can establish other ecclesiastical precepts for their own territories (Cf. CIC, can. 455).

⁸⁷ Cf. CIC, can. 222.

What Did You Learn About The Precepts of the Church?

for younger saints

1. How many Precepts are there?
a. 55 b. 5 c. 15
2. Why do we have the Precepts?
 - a. to help us understand the very minimum we need to grow in our faith
 - b. because someone told God we needed more rules in our lives
 - c. We do not really need them.
3. True or False: The Precepts of the Church are meant to help us.
4. True or False: The Precepts of the Church are things that our family should try to work on together.
5. The second precept tells us that we are to confess our sins once a year. This means that ...
 - a. if we go to confession once, we are not supposed to go again for another year.
 - b. if we go to confession more than one time a year, it is a sin.
 - c. going to confession once a year is the minimum requirement to grow in our faith. We are encouraged to receive the sacrament of Reconciliation as often as possible throughout the year.
6. Recite The Seven Sacraments.

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Quiz Answers

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6. Recite The Seven Sacraments.
Baptism, Confirmation, Holy Eucharist, Reconciliation, Matrimony, Holy Orders, Anointing of the Sick

What Did You Learn About The Precepts of the Church?

for older saints

1. The Precepts of the Church are positive laws, given to us through the _____ of the Church.
 - a. holy seniority
 - b. teaching authority
 - c. Godly priority
 - d. religious conformity
2. The Precepts of the Church help our _____.
 - a. moral life
 - b. immortality
 - c. eternal life
 - d. none of the above
3. Which of these is not a precept of the Church?
 - a. You shall help provide for the needs of the Church.
 - b. You shall confess your sins at least once a year.
 - c. You shall observe the days of fasting and abstinence established by the Church.
 - d. You shall love the Lord your God with all your heart, mind, and soul.
4. What is the Paschal Mystery?
 - a. Jesus' Passion, Death, Resurrection, and Ascension
 - b. We do not know—it is a mystery that has not been solved.
 - c. a time in the past, when Jesus was not yet serving in ministry
 - d. none of the above
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