

# Precepts of the Church

[2041-2043, 2048]

From time to time, the Church has listed certain obligations of Catholics. Some obligations expected of Catholic Christians today include the following. (Those traditionally mentioned as Precepts of the Church are marked with an asterisk.)

1. To keep holy the day of the Lord's Resurrection: to worship God by participating in Mass every Sunday and every holy day of obligation:
  - \* to avoid those activities that would hinder renewal of soul and body, for example, needless work and business activities, unnecessary shopping, and so forth [1166, 1167, 1389, 2042, 2174-2192].
2. To lead a sacramental life: to receive holy Communion frequently and the sacrament of penance regularly
  - minimally, to receive the sacrament of penance at least once a year (annual confession is obligatory only if serious sin is involved) [1389, 2042]. \* (See explanation on pages 54 and 55.)
  - minimally, to receive holy Communion at least once a year, between the first Sunday of Lent and Trinity Sunday or, for a just cause, at another time during the year [1389, 1417, 2042].
3. To study Catholic teaching in preparation for the sacrament of confirmation, to be confirmed, and then to continue to study and advance the cause of Christ [1309, 1319].
4. To observe the marriage laws of the Church: [1601-1666] \* to give religious training (by example and word) to one's children, to use parish schools and religious education programs [1656, 1657].
5. To strengthen and support the Church: \* one's own parish community and parish priests, the worldwide Church and the Holy Father [1351, 2043].
6. To do penance, including abstaining from meat and fasting from food on the appointed days [1438, 2043]. \*
7. To join in the missionary spirit and apostolate of the Church [2044-2046].

NOTE: The numbers in parenthesis refer to the Catechism of the Catholic Church.