

The Precepts of the Church

The Catechism of the Catholic Church in paragraphs # 2041-2043 lists 5 precepts. The last two are included elsewhere in the catechism but are not listed as precepts. And they are equally important. The original seven are listed here for historic educational value.

I. You shall attend Mass on Sundays and on holy days of obligation* and remain free from work or activity that could impede the sanctification of such days.

II. You shall confess your (grave) sins at least once a year.

III. You shall receive the sacrament of the Eucharist at least during the Easter season.

IV. You shall observe the days of fasting and abstinence established by the Church.†

V. You shall help to provide for the needs of the Church.

VI. You shall obey the laws of the Church concerning Matrimony.

VII. You shall participate in the Church's mission of Evangelization of Souls. (The Missionary Spirit of the Church).

***Holy Days of Obligation** in the USA:

- **January 1:** The Solemnity of Mary Mother of God
- **Ascension Thursday -- 40 days after Easter Sunday:**
(in many dioceses, including ours, this is transferred to a Sunday)
- **August 15:** The Solemnity of the Assumption of Mary into heaven
- **November 1:** The Solemnity of All Saints' Day
- **December 8:** The Solemnity of the Immaculate Conception
- **December 25:** Christmas, the Nativity of Our Lord

†**Abstinence** from meat is obligatory on Ash Wednesday and on every Friday of Lent for those over age 14. The law of **fasting** applies to Ash Wednesday and Good Friday. Catholics between the ages of 18 and 59 are bound to fast on these days.