

## The Precepts of the Church

The obligatory character of these positive laws decreed by 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.

1. *You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.*

We are to sanctify the day commemorating the Resurrection of the Lord, 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.

2. *You shall confess your sins at least once a year.*

This ensures preparation for the Eucharist by the reception of the sacrament of reconciliation, which continues Baptism's work of conversion and forgiveness.

3. *You shall receive the sacrament of Eucharist 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.

4. *You shall observe the days of fasting and abstinence established by the Church.*

This helps us to acquire mastery over our instincts and freedom of heart.

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

The faithful are obliged to assist with the material needs of the Church, each according to his own abilities.

