

Precepts of Our Church

Each of these precepts (Commandment) of the Catholic Church is a requirement. Together with the Ten Commandments, they represent the minimum level of moral living. Intentional violation of the precepts or the Commandments is a grave matter, meaning a **mortal** sin.

The Precepts

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.