

The Five Precepts of the Church



These five precepts outline the “necessary minimum in the spirit of prayer and moral effort” (CCC 2041) that active Catholics are obliged to follow.

1.

You shall attend Mass on Sundays and 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.