

The Precepts of the Church

The Precepts of the Church are rooted in Scripture and Tradition. Do your best to locate Old and New Testament passages (in the Old Law and the New Law) that support each of the following precepts.

1. Attend Mass on Sundays and holy days of obligation and rest from unnecessary labor (i.e., needless work or unnecessary shopping) on these days.

Old Law roots:

New Law roots:

2. Confess your sins in the Sacrament of Penance and Reconciliation at least once a year.

Old Law roots:

New Law roots:

3. Receive the Eucharist at least during the Easter season.

Old Law roots:

New Law roots:

4. Observe the days of fasting and abstinence established by the Church.

Old Law roots:

New Law roots:

5. Help to provide for the material needs of the Church according to your ability.

Old Law roots:

New Law roots:

