

The Precepts of the Church

The Precepts of the Church direct us to participate in the sacramental life of the Church so that we might be nourished for living a moral life. Following are the Precepts of the Church as designated by the Catholic bishops of the United States of America. Look for the roots of each precept in the Old Law and in the New Law, and note where you find it.

1. "Attend Mass on Sundays and holy days of obligation and rest from unnecessary labor on these days" (*CFH*, page 280).

Do you find the roots for this precept in the Old Law or in the New Law? What Commandment, scriptural story, or scriptural passage documents those roots?

2. "Confess your sins in the Sacrament of Penance and Reconciliation at least once a year" (*CFH*, page 280).

Do you find the roots for this precept in the Old Law or in the New Law? What Commandment, scriptural story, or scriptural passage documents those roots?

3. "Receive the Eucharist at least during the Easter season" (*CFH*, page 280).

Do you find the roots for this precept in the Old Law or in the New Law? What Commandment, scriptural story, or scriptural passage documents those roots?



4. “Observe the days of fasting and abstinence established by the Church” (*CFH*, page 280).
Do you find the roots for this precept in the Old Law or in the New Law? What Commandment, scriptural story, or scriptural passage documents those roots?

5. “Help to provide for the material needs of the Church according to your ability” (*CFH*, page 280).
Do you find the roots for this precept in the Old Law or in the New Law? What Commandment, scriptural story, or scriptural passage documents those roots?

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