

The Seven Precepts of the Church

The Catechism of the Catholic Church lists 5 precepts. The last two are included elsewhere in the catechism but, are not listed as precepts. And they are equally important. The original seven are listed here for historic educational value.

I. To attend Mass on Sundays and Holy Days of Obligation, and resting from servile works.

II. To observe the days of abstinence and fasting.

III. To confess our sins to a priest, at least once a year.

IV. To receive Our Lord Jesus Christ in the Holy Eucharist at least once a year during Easter Season.

V. To contribute to the support of the Church.

VI. To obey the laws of the Church concerning Matrimony.

VII. To participate in the Church's mission of Evangelization of Souls.(Missionary Spirit of the Church)