

DOCTRINE – Precepts of the Catholic Church

articles:

- <http://www.beginningcatholic.com/precepts-of-the-catholic-church>
- <https://www.loyolapress.com/our-catholic-faith/scripture-and-tradition/catholic-basics/catholic-beliefs-and-practices/precepts-of-the-church>
- <https://www.thoughtco.com/the-precepts-of-the-church-542232>
- <http://www.aboutcatholics.com/beliefs/precepts-of-the-catholic-church/>
- http://www.canonlaw.info/precepts_noaudio.htm

Bishop Barron:

- https://www.wordonfire.org/?s=precepts+of+the+catholic+church&search_submit=Go&simple_search=true

youtube videos:

- https://www.youtube.com/results?search_query=precepts+of+the+catholic+church
- https://www.youtube.com/results?search_query=precepts+of+the+catholic+church+for+kids

bustedhalo.com (middle School → adult articles and videos)

- <https://bustedhalo.com/?s=precepts+of+the+catholic+church>

catholic central (middle School +, family videos, discussion questions & activities)

- https://www.catholiccentral.com/search?term=doctrine&domain=www.catholiccentral.com&type=BLOG_POST&groupId=5415623776

activity / coloring pages:

- <https://www.pinterest.com/jaaboumoussa/church-precepts/?lp=true>
- <https://www.google.com/search?q=precepts+of+the+roman+catholic+church+activity+sheets&tbm=isch&tbo=u&source=univ&sa=X&ved=2ahUKEwinhovx4srfAhWe14MKHeQ0ByMQsAR6BAGDEAE>

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The Precepts of the Church

The Church uses these precepts to remind us that Christian life requires a commitment to prayer & active participation in the liturgy and sacraments.

WORSHIP & REST

You shall attend Mass on Sundays & holy days of obligation & rest from servile labor. (Sunday Duty)

This fulfills the Third Commandment: "Remember, keep holy the Sabbath day."

We participate in the Mass and we refrain from any work that distracts us from a proper celebration of Christ's Resurrection.

REFLECT & RECONCILE

You shall confess your sins at least once a year.

This sacrament asks us to take an honest look at our own lives and "take inventory" of our relationship with God. We "name" the tendencies or habits that cause us to drift from that relationship.

NOURISH

You shall receive the Sacrament of the Eucharist at least during the Easter season. (Easter Duty)

The Eucharist is spiritual nourishment. Just like we eat food to nourish our physical bodies, we receive communion to nourish and keep our soul strong enough to keep pursuing God and resist the temptations and deceptions of Our Enemy.

FOCUS & GROW

You shall observe the days of fasting and abstinence established by the Church.

Fasting and abstinence, along with prayer and almsgiving, help us to discipline ourselves and develop our spiritual life.

Today, the Church requires Catholics to:

FAST on Ash Wednesday & Good Friday.

ABSTAIN from meat on the Fridays during Lent.

Perform PENANCE in place of abstinence on all other Fridays of the year.

PROVIDE

You shall help to provide for the needs of the Church.

Our support of the Church should be through donations of our money and our time - each according to his own ability. The point is not simply to maintain the Church but to spread the Gospel and bring others into the Church, the Body of Christ.

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The Precepts of the Catholic Church are the absolute minimum actions required of Catholics.