

## 5. Tithing

“Remember the words of our Lord Jesus, how he said, ‘It is more blessed to give than to receive.’” - Acts 20:35



**The fifth precept: "You shall help to provide for the needs of the Church."**

The faithful are obliged to assist with the material needs of the Church by contributing their time, talent and treasure. Every Catholic has the duty to support the Church financially, each according to his or her means.

Strictly speaking, “tithe” denotes 10%. The practice of tithing means dedicating a percentage of our income (say, 2%, 5%, 10% or more) to the work of the Church for the praise and service of God. Our tithe should always be given in a spirit of joy and thanksgiving because,

“God loves a cheerful giver.”

- 2 Corinthians 9:7



For free copies, contact:  
**Office of Evangelization and Catechesis**  
Archdiocese of Denver  
1300 S. Steele Street

ARCHDIOCESE OF DENVER

THE

# PRECEPTS

## OF THE CHURCH

*What Every Catholic Should Know*



“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only the one who does the will of my Father in heaven.”

- Matthew 7:21

# The precepts \*

of the Church are set in the context of the moral life, which is connected to and nourished by word and sacraments. The obligatory character of these precepts is meant to guarantee to the faithful the *minimum* requirements necessary in terms of worship, prayer and moral effort for growth in the love of God and neighbor.

## 1. Sunday Obligation

“Remember the Sabbath day, to keep it holy.” - Exodus 20:8



**First precept: "You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor."**

The Church is the body of Christ and we are his members (1 Cor. 12). If I lose a part of my body, say an arm or a leg, it perishes and my body is weakened. We need the Church for spiritual life; and the Church needs us for her to be strong.

We are obliged to sanctify the day commemorating the Resurrection (Sunday) and other feasts honoring our Lord, the Blessed Virgin Mary and the saints for our own well-being and for the well-being of Christ's body, the Church.

\* Catechism of the Catholic Church, no. 2041

## 2. Confession

“If we say we have no sin we deceive ourselves and the truth is not in us.”

- 1 John 1:8



**Second precept: "You shall confess your sins at least once a year."**

The sacrament of reconciliation, which continues Baptism's work of conversion and forgiveness, ensures that we are spiritually prepared to receive the Eucharist. Regular confession (once a month, or more) is highly recommended for a truly fruitful spiritual life.

## 3. Communion

“Unless you eat the flesh of the Son of Man, and drink his blood, you have no life in you.” - John 6:53

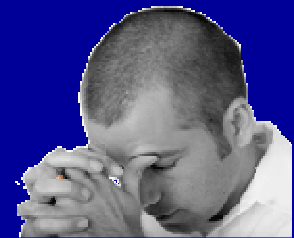


**Third precept: "You shall receive the sacrament of the Eucharist at least during the Easter season."**

The Eucharist is the source and summit of the Christian life. The reception of the Lord's Body and Blood in connection with the Paschal mystery of his death and resurrection is the heart of all Christian worship. Therefore, it is vital to receive the Eucharist at least during Easter.

## 4. Fasting

“They were worshiping the Lord and fasting.” - Acts 13:2



**The fourth precept: "You shall observe the days of fasting and abstinence established by the Church."**

Fasting is an important spiritual discipline that intensifies our prayer, prepares us for worship and helps us master our instincts. Only the person who possesses such mastery is truly free. Most importantly, however, fasting draws us close to Christ who fasted and prayed frequently. Abstinence and fasting are observed on Ash Wednesday and Good Friday. Abstinence from meat is to be observed on Fridays. \*

\* In the United States, abstinence from meat is observed during Fridays in Lent only.