



Basic Teachings of the Catholic Church

The Ten Commandments:

- I. I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.
- II. You shall not take the name of the Lord your God in vain.
- III. Remember to keep holy the Sabbath day.
- IV. Honor your father and your mother.
- V. You shall not kill.
- VI. You shall not commit adultery.
- VII. You shall not steal.
- VIII. You shall not bear false witness against your neighbor.
- IX. You shall not covet your neighbor's wife.
- X. You shall not covet your neighbor's goods.

The Great Commandments

1. "You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength." (*Mark 12:30*)
2. "You shall love your neighbor as yourself." (*Mark 12:31*)

The Precepts of the Church

1. *You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.*

We must "sanctify the day commemorating the Resurrection of the Lord" (Sunday), as well as the principal feast days, known as Catholic holy days of obligation. This requires attending Mass, "and by resting from those works and activities which could impede such a sanctification of these days." (CCC)

2. *You shall confess your sins at least once a year.*

We must prepare for the Eucharist by means of the Sacrament of Reconciliation (Confession). This sacrament "continues Baptism's work of conversion and forgiveness." (CCC)

3. *You shall receive the sacrament of the Eucharist at least during the Easter season.*

This "guarantees as a minimum the reception of the Lord's Body and Blood in connection with the Paschal feasts, the origin and center of the Christian liturgy." (CCC)

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

"The fourth precept ensures the times of asceticism and penance which prepare us for the liturgical feasts and help us acquire mastery over our instincts and freedom of heart." (CCC)

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

"The fifth precept means that the faithful are obliged to assist with the material needs of the Church, each according to his own ability." (CCC)