

Precepts of the Church

From [Jessica Steinmetz](#),

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1. You shall attend Mass on Sundays and holy days of obligation.
2. You shall confess your sins at least once a year.
3. You shall humbly receive your Creator in Holy Communion at least during the Easter season.
4. You shall keep holy the holy days of obligation.
5. You shall observe the prescribed days of fasting and abstinence.
6. The faithful also have the duty of providing for the material needs of the Church, each according to his abilities