

People often ask:

WHAT DOES IT MEAN TO PRACTICE THE FAITH AS A CATHOLIC? THE PRECEPTS OF THE CATHOLIC CHURCH

THE CATECHISM OF THE CATHOLIC CHURCH LISTS 5 PRECEPTS

- 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.

Parents ask:

What are the goals of Life-Time Faith Formation?

THE 6 TASKS OF FAITH FORMATION

1. To know the faith
2. To participate in the Church's liturgical/sacramental life
3. To integrate moral formation into Christian way of life
4. To learn to pray
5. To prepare for and participate in the Christian community
6. To develop disciples for Christ with a missionary spirit