

❖❖❖ GUIDELINES

Ten Commandments (CCC PART 3, SECTION 2)

1. I am the LORD your God: you shall not have strange gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD'S day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Two Great Commandments (CCC 2196)

You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.

You shall love your neighbor as yourself.

Beatitudes

(MATTHEW 5:3-10)

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are they who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the land.

Blessed are they who hunger and thirst for
righteousness,
for they will be satisfied.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the clean of heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are they who are persecuted for the
sake of righteousness,
for theirs is the kingdom of heaven.

Precepts of the Catholic Church

(CCC 2042-43)

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

The traditional precepts included two more.

1. Study Catholic teaching throughout life but particularly in preparation for Confirmation.
2. Observe the marriage laws of the Church and provide religious training for one's children.

Fast (CCC 1434, 1438; CODE OF CANON LAW 1249-53)

The law of fast limits the amount of food consumed to one full meal a day. Some food may be eaten at two other times of the day but together they should not equal a full meal. No food may be eaten between meals. Catholics from the age of eighteen until the age of sixty must fast on Ash Wednesday and Good Friday.

Abstinence (CCC 1434, 2043; CCL 1249-53)

The law of abstinence requires that no meat be eaten. In the U.S., those fourteen years and older are obliged to abstain from meat on Ash Wednesday and all Fridays of Lent.

Eucharistic Fast (CCL 919)

To receive Holy Communion, one must be in the state of grace (free from mortal sin), have the right intention (deeper union with God), and observe the Communion fast, which is to abstain from all food and drink (except water or medicine) for one hour.

NOTE: For the sick, all fast and abstinence regulations are lifted.

Sacraments

Baptism
Confirmation
Eucharist
Penance (Reconciliation)
Anointing of the Sick
Matrimony
Holy Orders

Corporal Works of Mercy

Feed the hungry.
Give drink to the thirsty.
Clothe the naked.
Visit the imprisoned.
Shelter the homeless.
Visit the sick.
Bury the dead.

Spiritual Works of Mercy

Convert the sinner.
Instruct the ignorant.
Counsel the doubtful.
Comfort the sorrowful.
Bear wrongs patiently.
Forgive all injuries.
Pray for the living and the dead.

Gifts of the Holy Spirit

(CCC 1831)

Wisdom
Understanding
Counsel (right judgment)
Fortitude (courage)
Knowledge
Piety (reverence)
Fear of the Lord (wonder and awe)

Fruits of the Holy Spirit

(CCC 1832)

Charity
Faithfulness
Joy
Modesty
Peace
Self-control
Patience
Chastity
Kindness
Goodness