

## Faith-practice Checklist

There are many ways to live out and express our Catholic Faith. But there are *some* practices that can be defined as essential, and others that have proven themselves as helpful over time.

### **The precepts of the Church**

- You shall attend Mass on Sundays and holy days of obligation.
- You shall confess your sins at least once a year.
- You shall humbly receive your Creator in Holy Communion at least during the Easter Season.
- You shall keep holy the holy days of obligation.
- You shall observe the prescribed days of fasting and abstinence.
- You shall provide for the material needs of the Church, according to ability.

(Catechism of the Catholic Church, 2042)

### **Required**

\_\_\_\_\_ I have myself been baptized and confirmed.

\_\_\_\_\_ I / we am living a chaste single life, or am validly married in the Catholic Church.

\_\_\_\_\_ I /we attend Sunday (Saturday evening) mass weekly (unless ill or otherwise seriously prohibited).

\_\_\_\_\_ I /we attend mass on holy days of obligation (January 1, August 15, November 1, December 8) unless ill or otherwise seriously prohibited.

\_\_\_\_\_ I receive communion at least once a year - but not without carefully considering my worthiness.

\_\_\_\_\_ I pray daily.

\_\_\_\_\_ I celebrate the Sacrament of Penance (Confession) at least once a year.

\_\_\_\_\_ I/we regularly support the Church financially. (A tithe is the Biblical norm.)

\_\_\_\_\_ I / we observe the requirements of the Church regarding fasting and abstaining during Lent.

\_\_\_\_\_ I /we abstain from meat on Friday's or undertake a different penitential practice every week.

### **Family**

\_\_\_\_\_ I am conscientious in teaching my children prayers and helping him/her to pray.

\_\_\_\_\_ I am conscientious in bringing my children to Mass on Sundays and holy days of obligation.

My family regularly prays (together) \_\_\_\_\_ the morning offering \_\_\_\_\_ grace before meals  
\_\_\_\_\_ when beginning a trip \_\_\_\_\_ in times of danger  
\_\_\_\_\_ other

### **Recommended**

\_\_\_\_\_ I attend Eucharistic adoration when possible.

\_\_\_\_\_ I am actively involved in the life of the parish (Bible study groups, parish committees or ministries).

\_\_\_\_\_ My school-age child/(children) attend Catholic School (if available)

\_\_\_\_\_ I participate in the yearly Easter Triduum services (Holy Thursday, Good Friday, Holy Saturday)

\_\_\_\_\_ I participate in opportunities for adult education and seek other ways to study my Catholic Faith.