



The Christian life is neither a solitary journey nor a path without direction. Holy Mother Church, with her two thousand years of wisdom, lovingly guides us so that we may reach our final goal: eternal life with God. To this end, she provides us not only with the **Ten Commandments** given by God to Moses but also with the **Commandments of the Church**, practical norms established to help us live our faith in its fullness and fidelity.

In this article, we will explore in depth what the **Commandments of the Church** are, their theological foundation, how to apply them in our daily lives, and why they remain essential in today's world.

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## What Are the Commandments of Holy Mother Church?

The Commandments of the Church are **precepts** that the Church, with her authority, establishes to guide the faithful in fulfilling God's law. They are not optional or mere suggestions but rather moral obligations that help us live our faith in a more committed and coherent way.

Traditionally, the Church has formulated **five commandments**, though their wording may vary slightly depending on the catechism used. These are:

1. **Attend Mass on Sundays and holy days of obligation**
2. **Confess your sins at least once a year**
3. **Receive Holy Communion at least during the Easter season**
4. **Observe the prescribed days of fasting and abstinence**
5. **Provide for the material needs of the Church**

These precepts are not arbitrary but are based on Christ's teaching and the spiritual needs of every Christian.

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### 1. Attend Mass on Sundays and Holy Days of Obligation

This is the fundamental commandment because the Holy Mass is the heart of the Christian life. In the Eucharist, Christ himself is given to us as spiritual nourishment, and for this reason, missing Mass without a grave reason is a mortal sin.



## Theological Foundation

The obligation to sanctify Sunday comes from the **Third Commandment of God's Law: "Remember the Sabbath day and keep it holy"** (Exodus 20:8). Since the time of the Apostles, Christians have gathered on the **first day of the week** to celebrate the Lord's Resurrection (cf. Acts 20:7).

## Application in Daily Life

- Make Sunday Mass a central part of family life.
  - Avoid unnecessary work or activities that distract from the meaning of Sunday.
  - Prepare well for Mass with prayer and reflection.
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## 2. Confess Your Sins at Least Once a Year

The Sacrament of Penance is a gift of God's mercy. This commandment seeks to prevent the soul from remaining in a state of grave sin for too long.

## Theological Foundation

Jesus gave the Apostles the power to forgive sins:

*"If you forgive anyone's sins, they are forgiven" (John 20:23).*

Saint Augustine called confession "the second baptism" because it cleanses and renews us in grace.

## Application in Daily Life

- Do not wait until Lent to go to confession; go more frequently.
  - Examine your conscience each night to detect faults and grow spiritually.
  - Teach children the value of the Sacrament of Reconciliation from an early age.
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### 3. Receive Holy Communion at Least During the Easter Season

This commandment emphasizes the importance of the Holy Eucharist but also implies that we must receive it worthily, that is, in a state of grace.

#### Theological Foundation

Jesus said:

*"Whoever eats my flesh and drinks my blood has eternal life" (John 6:54).*

The Church establishes the minimum obligation of receiving Communion at least once a year during Easter, which is the liturgical season of the Resurrection, the victory over sin and death.

#### Application in Daily Life

- Do not limit Communion to Easter but receive it frequently.
- Prepare spiritually with prayer and, if necessary, confession.
- Explain to children the importance of the Eucharist and not see it as just another ritual.

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### 4. Observe the Prescribed Days of Fasting and Abstinence

Fasting and abstinence help us to master our passions and to remember Christ's sacrifice.

#### Theological Foundation

Jesus himself fasted for forty days in the desert (Matthew 4:2) and taught:

*"When you fast, do not look gloomy like the hypocrites" (Matthew 6:16).*

The Church requires us to fast on Ash Wednesday and Good Friday and to abstain from meat on the Fridays of Lent.



## Application in Daily Life

- Fast not only from food but also from unnecessary distractions (TV, social media).
  - Do not see fasting as a punishment but as an act of love and sacrifice.
  - Offer the sacrifice of fasting for specific intentions.
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## 5. Provide for the Material Needs of the Church

This commandment reminds us that the Church needs resources for her mission of evangelization, charity, and worship.

### Theological Foundation

Saint Paul tells us:

*"Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver" (2 Corinthians 9:7).*

The Church is not a business but a spiritual family. If we love our faith, we must help ensure that the Church can continue fulfilling her mission.

### Application in Daily Life

- Contribute financially according to your means.
  - Do not limit help to material things: we can also give our time and talents.
  - Teach children from a young age to share generously.
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## Conclusion: The Commandments of the Church, a Help to Holiness

Far from being a burden, the Commandments of Holy Mother Church are **a spiritual compass** that guides us toward God. They are not meant to limit us but to free us from sin and help us live our faith with coherence.

In a world where Christian life faces many challenges, these precepts are a firm anchor that



keeps us united to Christ and His Church. **Living them with love and commitment will help us grow in holiness and better prepare us for eternal life.**

May the Blessed Virgin Mary, Mother of the Church, help us to faithfully fulfill these commandments and to live our faith with joy. **Amen.**