

Why they care about Sunday, confession and Fridays

The rules make more sense when you see the relationship.

In short. Sunday Mass is how Catholics keep Jesus' "do this in memory of Me."¹ Confession at least once a year and penance on Fridays are small, regular ways of returning to God.^{2,3}

Key points

- Catholics are asked to attend Mass on Sundays and holy days.¹
- Catholics are asked to confess serious sins at least once a year.²
- Fridays, especially in Lent, are days of penance.³

Try this, this week

1. **Ask them** which of these matters most to them, and why.
2. **Help them find** a Mass the next time you travel together.
3. **Read Luke 22:14–20.**

"He took bread, and when he had given thanks, he broke and gave it to them, saying, 'This is my body which is given for you. Do this in memory of me.'"

Luke 22:19, World English Bible

Common questions

Remember: From the inside, it feels like keeping a date.

Sources

1. CCC 2180
2. CCC 2042

3. CCC 1438

Quotation above: Luke 22:19, World English Bible. Catechism: official text on vatican.va.

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