

Steps for making good moral choices:

1. Ask the Holy Spirit for help.
2. Think about God's law and the teachings of the Church.
3. Think about what will happen as a result of your choice. Ask yourself, will the consequences be pleasing to God? Will my choice hurt someone else?
4. Seek advice from someone you respect and remember that Jesus is with you.
5. Ask yourself how your choice will affect your relationships with God and others.

The Ten Commandments

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 the Lord's Day holy.
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.

Precepts of the Church

1. attendance at Mass on Sundays and Holy Days of Obligation
2. confession of serious sin at least once a year
3. reception of the Holy Communion at least once a year during the Easter season
4. observance of the days of fast and abstinence
5. providing the needs of the Church

Summaries of Catholic Social Teaching

Life and Dignity of the Human Person: All human life is sacred, and all people must be respected and valued over material goods. We are called to ask whether our actions as a society respect or threaten the life and dignity of the human person.

Call to Family, Community, and Participation: Participation in family and community is central to our faith and to a healthy society. Families must be supported so that people can participate in society, build a community spirit, and promote the well-being of all, especially the poor and vulnerable.

Rights and Responsibilities: Every person has a right to life as well as a right to those things required for human decency. As Catholics, we have a responsibility to protect these basic human rights in order to achieve a healthy society.

Option for the Poor and Vulnerable: In our world many people are very rich while at the same time many are extremely poor. As Catholics, we are called to pay special attention to the needs of the poor by defending and promoting their dignity and by meeting their immediate material needs.

The Dignity of Work and the Rights of Workers: The basic rights of workers must be respected: the right to productive work, fair wages, and private property; and the right to organize, join unions, and pursue economic opportunity. Catholics believe that the economy is meant to serve people and that work is not merely a way to make a living but an important way in which we participate in God's creation.

Solidarity: Because God is our Father, we are all brothers and sisters with the responsibility to care for one another. Solidarity is the attitude that leads Christians to share spiritual and material goods. Solidarity unites rich and poor, weak and strong, and helps to create a society that recognizes that we all depend upon one another.

Care for God's Creation: God is the creator of all people and all things, and he wants us to enjoy his creation. The responsibility to care for all God has made is a requirement of our faith.