

I Believe in Jesus Christ – I am still a Christian if I don't go to Church on Sunday.

FAQ – I love to go to Mass on Sunday, but don't always feel like going, or sometimes feel that I don't get anything out of it. Does it really matter whether I go or not or what difference does it make if I miss Mass?

Jesus has given us this august mystery in order to fulfill the promise He made given in Matthew 28:20 that He would remain with us all days until the end of the world. The place for all of us to receive Jesus in Holy Communion is during the celebration of the Sacred Liturgy in church or in any other place authorized by the Bishop. From the earliest days Jesus inspired his bishops to make provision for those who were ill and could not bring themselves to the Sacred Assembly, where Jesus gathers us around Himself in the person of the Bishop or Priest. Deacons and also Extraordinary Ministers of Holy Communion – who are given a mandate by their Pastor for one to three years – bring Holy Communion to those deprived of the Lord for no fault of their own.

Those who stay away from the Assembly and so “miss Mass and Holy Communion” for any reason other than serious illness or debilitation do so for mere convenience and are committing an offence against the Lord and his Bride the Church by depriving us of their presence and prayerful participation. It is a defect or failure to love back the God to whom we are indebted for everything including our very life and breath.

When people are enslaved by their employment and are powerless to free themselves for the Sunday Mass they are under obligation to do all they can to find a Sunday Mass that it is possible for them to attend or if this is not at all possible, then a weekday Mass as close to Sunday as possible. In some countries, due to the Muslim religious government of the state, the bishops have made provisions to observe the Lord's Day on Friday, the same holy day as the Muslims.

The faithful must keep in mind countless generations of our forebears who endured gladly the hardship of walking for hours in inclement weather and other deprivations with a generous and humble spirit of self sacrifice for the privilege of attending Mass and celebrating the wonders of the Lord's mysteries among us. This is a powerful demonstration and practice of faith and hope in God.

By honouring the Lord in this way, you will not be blessed any less, but will actually find yourself blessed more deeply, as you become entirely there for the sake of the one you visit. Your communion will be with Jesus who came to serve and not be served in that moment. He will open all the antennae of your spirit to the truth and reality of the person in front of you, so that you can attend to them in all simplicity and transparency. Accept the suffering and efforts of the other as their response to the Lord. Our primary path to God is in imitation of Jesus' obedience to his Father.

Check out the Letter to the Hebrews, a wonderful letter about the Christian faith, and in particular on this question of Sunday worship, chapter 10 and especially the verses around verse 25.