

**Title: Conversations**

**Subtitle: Is it a sin to worship on Sunday?**

**Second Subtitle: Re: Is it a sin to worship on Sunday?**

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Hi - interesting question.

Lets break it down a little.

There are 3 keywords - sin, worship and Sunday.

Firstly regards sin:-

I am not convinced that we should consider it sin and condemn ourselves not follow this doctrine or that Dogma. We are all God's children and I label us as sinners no matter what we have or haven't done. We are what Occasionally our actions may be considered sinful when they go against from the spiritual path towards God. But whether or not something should IMO depend more on rationality than on whether this or that scripture is

Next we can look at worship:

In order for our minds to move closer and closer to God they should become to Godliness. Since God is an infinite entity, we can infer that our minds to become more "Godly". So worship should include only those practises bring it closer to God.

Now what is Dogma? Dogma is a belief or idea that stops the mind from periphery - i.e. that stops the mind from moving forwards in its march to no scope in worship for any dogmatic practises.

How often should we engage in activities that bring our minds closer to God would be all the time. However, we need to live in the world and support should set aside times when we can concentrate more fully on these practises.

Third keyword:- Sunday

Sunday is an astronomical concept - sun day, as is Moon day (Monday). There are there times according to Sun/Moon phases that are better for worship moon has a strong influence on the state of mind in relationship to worship Moon (spring tides) I have found that the mind is less able to really concentrate yogic explanation for this in that the water and air factors in the body are gravitational pull and are drawn upwards in the body, disturbing the mind crime rates and incidences of disquiet in Mental asylums. But I have found dry-fasting just before the New and Full moon counteracts this effect. It is on days that the mind, undisturbed by the stomach, is able to concentrate on practises.

So I would say that there is some biological/astronomical reasons for wanting certain days. However, there does need to be some objective adjustment and say that a 5 day workweek and 2 day weekend is what humans can comfortably

short-term present situation. Therefore one of the non-work days should be for worship. I think it would be dogmatic to say it needs to be Sunday or Saturday.

Hopefully, in the future when our society progresses towards more God-centered days, the days would fall on the beneficial moon and sun phases to allow us to get the most out of them.

So, in short - it would be dogmatic to say it is a sin to worship on a Sunday or Saturday.