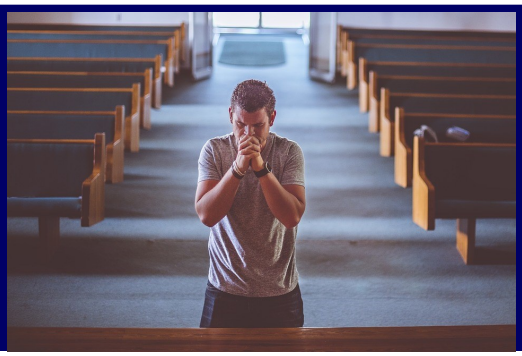


Sitting, Standing & Kneeling at Mass

God created us with physical bodies, so we worship God with our bodies, minds, and spirits!

♦ We **stand** as a sign of reverence—when encountering Christ in the gospel, in the Eucharist, and in moments of important conversation with God.



Examples of when we stand:

- The Entrance, Greeting and Collect.
- The Gospel, the Universal Prayer and the Profession of Faith.
- The beginning of the Eucharistic Prayer, the Lord's Prayer, the Sign of Peace, the Lamb of God, Reception of Communion and the Concluding Rite



♦ We **sit** to listen and reflect.

Examples of when we sit:

- The First and Second Reading, the Responsorial Psalm, the Homily

♦ We **kneel** to express our humility before God and our adoration of God.



Examples of when we kneel

- The Eucharistic Prayer—The Consecration.
- The Communion Rite—Prior to and after reception of Communion

"At the name of Jesus every knee should bend, of those in heaven and on earth."

— Philippians 2:10