

Kneeling

We use many postures during Mass, like standing, sitting, and kneeling. They all have meaning and purpose. Why do we kneel at Mass? This posture is a sign of our humility before God. He is great and we are small— so our natural response is to worship him.

When do we kneel? We kneel during the Eucharistic Prayer of the Mass because this is when Jesus becomes present in the Eucharist. We also kneel before and after receiving Holy Communion.

We can kneel at other times to pray, whether on a kneeler at church, the floor next to our bed, or the grass of a football field. The outward posture of kneeling can help inwardly prepare our heart for prayer and the presence of the Lord.

Fun Fact: Often called a kneeler, an individual stand used for kneeling, as seen in this picture, is called a *prie-dieu* (pronounced pray-dyu). It comes from the French words that literally mean “pray God.” You might see these in your church for the altar servers in the sanctuary, near devotional candles and statues, or even in someone’s home.

