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WHY CATHOLICS KNEEL DURING THE MASS

*Kneeling is a posture of reverence, adoration, and humility before God.
It is an outward sign of our inward faith.*

WE KNEEL BECAUSE:



- 1 WE ADORE JESUS CHRIST**
At the Consecration, the bread and wine become the Body and Blood of Christ. Kneeling shows our adoration of Him truly present on the altar.



- 2 WE ACKNOWLEDGE HIS REAL PRESENCE**
Kneeling helps us recognize that Jesus is not a symbol—He is really here, Body, Blood, Soul, and Divinity.



- 3 WE EXPRESS HUMILITY AND LOVE**
Kneeling is a humble posture that says, "Lord, I am not worthy, but I love You" and give You my heart."



- 4 WE HONOR OUR KING**
We kneel before the King of Kings in the Eucharist as an act of honor and deep respect.



- 5 IT IS OUR TRADITION AND FAITH**
From the earliest Church, Christians have knelt in prayer and adoration. It is a beautiful tradition of our Catholic faith.

WHEN DO CATHOLICS KNEEL AT MASS?



DURING THE EUCHARISTIC PRAYER
Beginning after the *Holy, Holy, Holy* until after the *Great Amen*.



BEFORE RECEIVING HOLY COMMUNION
Many make a profound bow or, where customary, kneel to receive.



AFTER COMMUNION
Many also kneel after Communion in silent thanksgiving.

KNEELING IN SCRIPTURE



"Come, let us bow down in worship; let us kneel before the Lord who made us."

— Psalm 95:6



"He withdrew about a stone's throw beyond them, knelt down and prayed."

— Luke 22:41



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

— Philippians 2:10

A HEART OF ADORATION

Imagine a king entering a room. People stand out of respect. But when the King of Kings becomes truly present on the altar, Catholics kneel—not because we are afraid, but because we are filled with love, awe, and reverence. Our knees confess what our lips proclaim: "My Lord and my God!" (John 20:28).



Our kneeling is an act of adoration, acknowledging Christ's Real Presence in the Holy Eucharist.

**LET US KNEEL WITH
FAITH, LOVE, AND REVERENCE.**

*"No one eats that flesh without first **adoring** it."*

— St. Augustine

