

Postures during Mass

The Sunday Mass is at the heart of our faith — the source and summit of all we believe. In the Eucharist, we share in the life, death and resurrection of Jesus. Our postures enable us to participate more fully in the Eucharist and help us express our prayer in different ways at different moments. The ways we sit, stand and kneel help us to pray together as one family in Christ. This short guide will walk you through each part of the Mass.



Standing

Standing is a sign of respect and readiness — we stand before God as His redeemed people. It's also the posture of the Resurrection, reminding us that we share in Christ's victory over death.

Sitting

Sitting is a posture of attentive listening and receptivity. We sit to receive and hear God's Word and to meditate on it. We listen to God speaking to us. It shows that we are ready to be taught and nourished by the Word before responding in prayer and action.



Kneeling

Kneeling expresses humility and worship. When we kneel during the Eucharistic Prayer, we acknowledge the Real Presence of Jesus made present on the altar. It's a gesture of deep reverence and love before our Lord.



Stand

Introductory Rites



Sit

First Reading - Responsorial Psalm - Second Reading



Stand

Acclamation before the Gospel - Gospel



Sit

Homily



Stand

Creed - Prayer of the Faithful



Sit

Preparation of the Gifts (Offertory)



Stand

When priest prays: "Pray, brothers and sisters..."



Kneel

End of the Holy, Holy... (Sanctus)



Stand

Our Father - Sign of Peace



Kneel

After the Lamb of God



Stand

Prayer after Communion



Sit

Notices



Stand

Blessing - Dismissal

