



Catholic Family Challenge

Start children off in the way they should go, and even when they are old they will not turn from it. Proverbs 22:6

Mass Postures

One of the most commonly asked questions about Catholic Mass is: "Why do we sit, stand, and kneel so much for different parts of the Mass?". Each posture we have during Mass, such as sitting, standing, or kneeling, is a different part of our prayer ritual for the liturgy. The Catholic Mass is meant to involve everyone, not just those on the altar, throughout the entire Mass. Our different postures involve our bodies in all parts our prayers throughout Mass. So what do our different postures say about what we are called to be doing during the Mass? Sitting is a posture that means we are listening and learning. We sit during the first reading, responsorial Psalm, and second reading. We also sit for the homily while we learn from the priest as they preach about a lesson. When we're sitting at Mass, we should be totally focused on listening to what is being said. Standing is the posture of prayer. It shows that we are respectful



as we pray along with the Mass. We stand during the Gospel because those are the stories and words of Jesus himself. We stand during the opening prayer, the Lord's Prayer, the Prayers of the Faithful, and a portion of the Eucharistic Prayer. All of these times our posture shows that we are praying alongside the priest. We kneel out of respect for Jesus in the Eucharist. We know that Jesus Christ is fully present in the Eucharist, not just being symbolized, which is why we kneel through Communion all the way until the tabernacle is closed. Once Jesus is put in the tabernacle, it is appropriate to sit back down and continue praying, often when the priest sits down. If you are not able to kneel due to age, health, or another reason - you should just choose a respectful posture to join in prayer. Some people sit or stand when they are unable to kneel. This Catholic Family Challenge is to remember the purpose of why you are sitting, standing, or kneeling throughout the Mass.

Mass Postures

Please read the above information together and complete the assigned activity with your family. Once you have done this, fill out and sign the bottom section of this page and return to the office.

Only one page needs to be returned per family.

Student Name(s): _____

Family Name: _____

Parent Signature: _____ Date: _____