Why we do

the things we do

Kneeling

Signified penitence in the early Church: the awareness of our sin casts us to the ground! In the Middle Ages, kneeling came to signify the homage of a vassal before his liege Lord. more recently, kneeling has come to signify humble adoration. It is fore this reason that the bishops have chosen the posture of kneeling for the assembly during the Eucharistic Prayer, from after the Holy, holy, until the great Amen.

30 August