



LITURGY LESSON

Genuflection - lesson 5

Tremendous mysteries are difficult to communicate in words. The real presence of Christ, in the Eucharist, is one of those mysteries that far exceeds the capacity of the human mind and spoken language. The Mass is a sacramental re-presentation of the Sacrifice of the Cross. We believe that Jesus is really, truly present, therefore, adoration is going to follow. Our faith is often manifest through external gestures. One way we express our adoration of the Eucharistic Jesus is by genuflecting.

Genuflection is the bending of the right knee to the floor. It should be a reverential and deliberate act. The bending of the knee is one of the most scripturally befitting gestures to be made. God, speaking through the prophet Isaiah says, "To Me every knee must bend." (Isaiah 45:23)



Genuflection is always appropriate when reverencing the Blessed Sacrament. It is most appropriate to genuflect inside the Eucharistic Chapel before Our Lord present in the tabernacle. When passing outside of the chapel, a simple bow may be made. It is also appropriate to genuflect before Our Lord reserved in the tabernacle on the Altar of Repose after the Holy Thursday liturgy or whenever the Blessed Sacrament is presented in the monstrance. Finally, it is befitting to genuflect during the Veneration of the Cross on Good Friday.

By His example, Jesus, although God by nature, humbled Himself while on earth. This humility, born from love of the Father, procures for Him the "name which is above every name, that at the name of Jesus, every knee should bend of those in heaven and on the earth and under the earth." (Philippians 2: 9-10)

