

Genuflection

Why do you genuflect?

You genuflect to show respect and reverence to God.

When do you genuflect?

You genuflect before you are seated in Church. You also genuflect at the end of Mass as you leave the pew (seat).

How do we genuflect?

1. Bend your right leg and have your knee touch the ground.
2. Bow your head.
3. Make the Sign of the Cross.
4. Stand up and be seated.

