

Sit, Stand, Kneel: What to do when during a Catholic Mass!

Action	Description
Stand	Start of Mass until the first reading
Sit	First reading until the beginning of the Gospel Acclamation
Stand	Beginning of the Gospel Acclamation until the end of the Gospel Reading
Sit	For the homily
Stand	Beginning of the Creed to the end of the general intercessions
Sit	Preparation of the gifts until the end of "Pray, brothers and sisters . . ."
Stand	From the beginning of "May the Lord accept this sacrifice . . ." until the end of the Holy, Holy
Kneel	Eucharistic Prayer
Stand	The Our Father until the beginning of the Lamb of God
Kneel / Stand	End of the Lamb of God until distribution of Holy Communion
Stand	Receiving Holy Communion
Kneel / Sit	Silence after Holy Communion
Stand	Prayer after Communion until the end of Mass