



# Instruction Manual for Mass

When to stand, sit and kneel\*



CatholicLink

## KEY



STAND



SIT



KNEEL

1



FROM THE ENTRANCE  
PROCESSION UNTIL  
AFTER THE OPENING  
PRAYER

2



FIRST READING,  
PSALM, AND  
SECOND READING

3



THE ALLELUIA AND  
THE GOSPEL

4



THE HOMILY

5



THE CREED AND THE  
PRAYER OF THE  
FAITHFUL

6



THE OFFERTORY

7



THE PRIEST SAYS  
"PRAY, BRETHREN..."  
UNTIL AFTER THE  
"HOLY, HOLY, HOLY"

8



THE EUCHARISTIC  
PRAYER UNTIL  
AFTER THE "AMEN"

9



FROM THE "AMEN"  
TO AFTER THE  
"LAMB OF GOD"

10



AFTER THE  
"LAMB OF GOD"

11



YOU MAY SIT, STAND,  
OR KNEEL AFTER  
COMMUNION

12



THE PRAYER AFTER  
COMMUNION UNTIL  
THE END OF MASS

*\*These may vary in some countries and/or dioceses.*