

Lesson 2: Genuflection

After you bless yourself with holy water, you make a genuflection.

"At the name of Jesus, every knee must bend" (Philippians 2:10). That's what Saint Paul wrote to the Philippians years ago, and that's why we bend our right knee and make a genuflection to the tabernacle where Jesus Christ is truly present before we enter our pew to sit down. Men also take off their hats.

The tabernacle containing the Most Blessed Sacrament should be clearly visible, and it's usually in the center of the sanctuary up front. Look for the little vigil light with a candle burning next to it.

When the Mass begins, the priest and ministers also make a genuflection, unless the tabernacle is off to the side, then they bow to the altar and Crucifix as a sign of reverence.

And did you know that reverence is the beginning of wisdom, because we acknowledge with humility that God is great?