

The Order of Kneeling, Sitting and Standing (U.S.)

	Sung Mass	Recited Mass
Asperges	Stand	N/A
Prayers at the Foot of the Altar	Kneel	Kneel
Kyrie/Gloria	Stand ¹	Kneel
Collect	Stand ²	Kneel
Epistle, Gradual/Alleluia/Tract	Sit	Kneel
Gospel	Stand	Stand
Sermon	Sit ³	Sit ³
Credo (Kneel at "Et Incarnatus")	Stand ¹	Stand
Offertory (After "Oremus")	Sit	Sit
Incensing of the Priest	Stand ⁴	N/A
Preface (At "Per Omnia Saecula")	Stand	Stand
After Sanctus	Kneel ⁵	Kneel ⁵
Pater Noster (At "Per Omnia")	Stand	Kneel
After Agnus Dei & Communion	Kneel ⁵	Kneel
Post-Communion (At "Dominus Vobiscum")	Stand ²	Kneel
"Ite Missa Est"	Stand ⁶	Kneel
Last Blessing	Kneel ⁶	Kneel
Last Gospel (Kneel at "Et Verbum")	Stand	Stand
Leonine Prayers ⁷	N/A	Kneel

¹ Sit when the Priest sits, stand when he rises

² Kneel for the Collect and Post-Communion if the Color is Violet or Black, and it is not a Sunday. Rise immediately after each has been completed.

³ Sit when priest invites you to do so, or when he arrives at the pulpit

⁴ When the faithful are incensed, bow to the thurifer before and after. Remain standing afterwards.

⁵ Kneel only *after* the Sanctus and Agnus Dei

⁶ At Requiem Mass: "Requiescant in Pace" - Do not kneel afterwards as there is no Last Blessing.

⁷ Omitted when some other ceremony follows the Mass