



The Roman Catholic Bishop of Cubao
41 Lantana Street, Cubao, Quezon City, Philippines 1111

Directive on the Posture of Kneeling During the Eucharistic Prayer

TO THE CLERGY, CONSECRATED MEN AND WOMEN, AND LAY
FAITHFUL OF THE ROMAN CATHOLIC DIOCESE OF CUBAO

Our bodily postures during the Eucharist – whether as priests, deacons, ministers, or the faithful – should enhance the beauty and simplicity of the celebration. These gestures should also help us understand the meaning of each part of the Mass and encourage the full participation of everyone.

To promote unity in worship, the Church sets guidelines on common postures during the liturgical celebration. Following these norms ensures that our focus remains on the spiritual good of all, rather than on personal preferences. When we pray together in the same way, it is a visible sign of our unity as members of the Body of Christ.

Kneeling as a Sign of Reverence

Kneeling is a powerful expression of reverence, worship, and submission to God. It is deeply rooted in Scripture as a sign of respect and devotion. Psalm 95:6 invites us to worship the Lord in this way: *“Come, then, let us bow down and worship, bending the knee before the Lord, our maker.”*

The General Instruction of the Roman Missal (GIRM) grants Bishops’ Conferences the authority to set specific guidelines on gestures and postures during Mass (cf. GIRM 390).

CBCP Directive on Kneeling During the Eucharistic Prayer

During the 128th Plenary Assembly of the Catholic Bishops’ Conference of the Philippines (CBCP) on July 6-8, 2024, the Bishops reaffirmed the practice of kneeling from after the *Sanctus* (“Holy, Holy, Holy”) until the conclusion of the Great Amen.

This decision deepens our reverence for Christ’s real presence in the Eucharist and aligns with the CBCP’s existing directives and the GIRM.

Implementation in the Diocese of Cubao

To strengthen our unity in worship, we officially declare that starting April 17, 2025 (Holy Thursday), all Masses in the Diocese of Cubao shall follow this practice of kneeling during the Eucharistic Prayer.

Catechetical Preparation

To help everyone understand this practice, the Diocesan Ministry for Liturgical Affairs (DMLA) and the Social Communications Ministry (SOCCOM) will release a Catechetical Series across different platforms, scheduled as follows:

- March 23, 2025 (Third Sunday of Lent): The History (From standing to kneeling: Early Church to the 12th century)
- March 30, 2025 (Fourth Sunday of Lent): The Theology (Kneeling as an act of worship, Psalm 95:6)
- April 6, 2025 (Fifth Sunday of Lent): The Theology (Part 2)
- April 13, 2025 (Palm Sunday): The CBCP Decision (Unity in Worship)

A Call to Unity in Worship

As the Church calls us to a unified posture during the Eucharist, may this practice strengthen our identity as Catholic Christians. Let us worship the Lord together in spirit and in truth.

Given this 16th day of March 2025, on the Second Sunday of Lent, at the Chancery of the Roman Catholic Diocese of Cubao.


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Bishop of Cubao