

## **Genuflecting Handout**

*From battle, I return to You, my Lord and my God, whom I belong.*

### **Why we genuflect**

Every soldier gives due honor to his king. Our King, Jesus Christ, Son of God and King of Kings is no exception. Every time we enter the church, the house of God, we come before Him in the tabernacle. For Christ is truly present - body, blood, soul and divinity in the Eucharist. As His soldier we acknowledge His true presence by genuflecting.

### **How to genuflect**

We genuflect to our King in the tabernacle with our eyes, mind, heart and body. As soldiers of Christ we walk off the battlefield and into the Church. As we enter our eyes should look toward our Lord in the tabernacle. Our thoughts should be on Him- How He heals us, nourishes us, and guides us. Our hearts should turn to Him with gratitude and love- He died on the cross so I may have Heaven. Finally, we should genuflect as a soldier or knight genuflects before his king. For we are soldiers of the Most High. In this way we recognize His true presence in the Eucharist and that we are soldiers at His service.

[www.StJosephSociety.org](http://www.StJosephSociety.org)

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