

Lesson Plan (3 of 3): The Body Prays: Postures and Actions in the Traditional Latin Mass Interest/Topic: Parts of the Latin Mass: Postures and Gestures Target Audience: 10-year-old (Valentina) / Grades 4-6 Time Allotment: 60-75 minutes Success Criteria: I can identify and correctly demonstrate the three main postures (standing, kneeling, genuflection) and explain **when** and **why** they occur during the Liturgy, specifically connecting them to the presence of the Sacred Vessels and the words of the Consecration. Materials Needed Review copies of the previous Mass Map (showing the four main sections and the five Ordinary parts). Review images/flashcards of the Chalice and Paten (from previous lesson). Open space adequate for students to stand and kneel comfortably. Handout defining the main postures and their timing. Small bell or chime (optional, to simulate the sound of the Consecration). Introduction: Respect in Action (10 minutes) Review & Reinforcement (Bridging from Previous Lessons) In Lesson 1, we learned the structure (Ordinary) and the words (Kyrie, Credo, Sanctus). In Lesson 2, we learned about the holy objects (Chalice, Paten, Ciborium) and the sacred space (Altar). Remind me: What is the most sacred part of the Mass where the priest uses the Chalice and Paten? (The Offering/Liturgy of the Eucharist, specifically the Consecration). Hook: The Language of the Body When you meet a very important person, like a President or a King, your behavior changes. You might stand straighter or bow to show respect. In the Traditional Latin Mass, we use our bodies—our postures and gestures—as a language of respect for God and what is happening on the Altar. Today, we learn **how** the congregation participates physically in the sacred actions we have already mapped out. Learning Objectives (Tell them what we'll teach) Building on our knowledge of the Mass sequence and sacred objects, by the end of this lesson, you will be able to: Define and demonstrate the postures of standing, kneeling, and genuflection. Explain the meaning behind each posture (reverence, penitence, attentiveness). Correctly sequence the postures during the main parts of the Mass, especially during the Liturgy of the Eucharist. Connect the act of kneeling to the presence of the consecrated Host and Wine (Corpus Christi). Body: Learning the Liturgical Dance I Do: Defining and Modeling the Postures (15 minutes) Concept: Three Main Postures. Modeling: The posture is determined by the action of the Mass. ****Standing (Attention):**** We stand when we are listening (e.g., the Gospel, when the priest reads the Proper parts) or when we are actively praising (e.g., the Gloria). This shows readiness and respect. ****Kneeling (Worship/Penitence):**** We kneel when we are focused on prayer, especially during moments of humility, petition (Kyrie), or highest worship (Consecration). It is a posture of submission and adoration. ****Genuflecting (Adoration):**** This is a deep gesture—touching the right knee to the ground—always done when crossing the threshold of the Sanctuary or before the Blessed Sacrament (Christ truly present). It is a profound, quick act of worship to Christ. Explicit Connection: The Chalice and Paten are tools. The Consecration is the action. Kneeling is the reaction of the congregation to that action. We Do: Postures and the Ordinary (20 minutes) Let's integrate these postures with the five fixed prayers (Ordinary) we learned in Lesson 1. Activity: Mapping Postures Look back at your Mass Map (Preparation, Instruction, Offering, Conclusion). We will add the required posture to each fixed prayer. ****Kyrie (Lord, have mercy):**** This is a petition for mercy. What posture shows humility and prayer? **We Do: Kneeling.** (Note: Often starts kneeling, but sometimes standing depending on the preparation rites.) ****Gloria (Hymn of Praise):**** This is a joyful, active song. What posture shows readiness and praise? **We Do: Standing.** ****Credo (Statement of Belief):**** We are actively proclaiming the Faith. What posture shows attention and readiness? **We Do: Standing.** ****Sanctus (Holy, Holy, Holy):**** This is the immediate precursor to the Consecration. What posture must we take as Christ is about to be made present on the Altar (where the Chalice and Paten are)? **We Do: Kneeling.** ****Agnus Dei (Lamb of God):**** This prayer asks for peace just before Communion. What posture shows reverence and preparation? **We Do: Kneeling.** Formative Assessment: Review the map. Ensure learners have the main three postures (Kyrie-Kneel, Gloria-Stand, Credo-Stand, Sanctus-Kneel, Agnus Dei-Kneel) correctly associated. You Do: The Sequence of Reverence (20 minutes) Now, let's practice the flow of the most sacred part: The Liturgy of the Eucharist. Activity: Full Body Practice (The Consecration Drill) Clear the space. The instructor narrates the flow of the Mass, and the learners must physically perform the correct posture at the right time. 1. Review: We are standing for the Credo (Instruction). 2. Transition: The Priest moves to the Altar, preparing the Chalice and Paten (Lesson 2). 3. ****Action:**** The priest sings or recites

the Preface. 4. **The Sanctus:** The congregation says or sings the *Sanctus* (Lesson 1). **Learner Action:** Move quickly and reverently from **Standing to Kneeling** (This is the critical transition!). 5. **The Canon/Consecration:** We remain kneeling. The priest elevates the Host (the Paten) and the Chalice. (Instructor rings a bell/chime to mark the elevation.) **Learner Action:** Bow heads slightly in adoration while kneeling, recognizing Christ's presence. 6. **The Agnus Dei:** We remain kneeling and pray the *Agnus Dei* (Lesson 1). 7. **Communion:** We approach the rail to receive Communion (where the Ciborium is used). **Differentiation:** **Scaffolding:** For learners struggling with the rapid transitions, focus only on the critical standing-to-kneeling moment at the Sanctus. Use large verbal cues. **Extension:** Practice the proper way to make the Sign of the Cross and the specific gesture of the *Confiteor* (striking the breast three times during "mea culpa"). **Conclusion:** Recap and Takeaways (10 minutes) **Closure and Recap (Summarizing the Journey)** We have now completed our journey through the basics of the Traditional Latin Mass: We know the *structure* (Ordinary), the *objects* (Chalice, Paten), and the *actions* (Kneeling, Standing). The body postures are not just rules; they are ways we show Jesus how much we adore Him when He becomes present on the Altar. **Final Assessment:** **Posture Connection Challenge (Cumulative Understanding)** Answer these questions by connecting the concepts across all three lessons: 1. Which fixed prayer (Ordinary part) signals to the congregation that they must quickly transition from standing to kneeling? (The Sanctus.) 2. When the priest holds up the Host (from the Paten), what is the proper posture, and why is it important? (Kneeling; because Christ is truly present.) 3. What is the small, deep gesture of respect we use when we enter the Sanctuary? (Genuflection.) **Adaptability and Extension** **Next Steps/Spiral Learning:** The next lesson should focus on the role of music and chant in the TLM, tying the Latin words (Kyrie, Gloria) to the specific auditory environment that reinforces the sacredness established by the structures, objects, and actions. This would complete the sensory and intellectual experience of the Traditional Latin Mass. **Real-World Relevance:** Discuss how these gestures (bowing, kneeling) are used in secular contexts to show respect (e.g., sportsmanship, formal greetings, military salutes) and how the sacred gestures carry even deeper meaning.