

EPISODE 21 – Bows in the Mass

1. What do bows, genuflections, and prostrations have in common?
 - They are movements of our body. Not random movements or movements that serve our purpose in the world, but movements to show in a visible way the respect and love we have for our God.
2. How can we connect external actions with our interior devotion?
 - God knows the love I have for Him and His people. He also knows my sins and how much I need his mercy, forgiveness, and grace. I repent and confess in my mind and heart. I thank Him within me, in prayer, in song. In my bodily movements I express to all just a bit of how much I love God. Perhaps that bit, as small and insignificant as it is, will be enough to lead another to do the same.
 - It is hard to say how such movements of the body have contributed to the depth of my faith over the years, but I they are tightly woven within me. They are part of my Catholic identity. If all should suddenly stop such movements I would feel a great loss, an emptiness, a void begging to be filled.