

# Kneeling

When a person feels proud, they stand up, drawn up to their full height, head and shoulders back, saying with every part of their body, I am bigger and more important than you. But when humble, they feel their littleness, they lower their head and shrink. They abase themselves. And the greater the presence in which they stand the more deeply they shrink, the smaller they become in their own eyes.

But when does our littleness so come home to us as when we stand in God's presence? He is the great God, who is today and yesterday, whose years are hundreds and thousands, who fills the place where we are, the city, the wide world, the measureless space of the starry sky, in whose eyes the universe is less than a particle of dust, all-holy, all-pure, all-righteous, infinitely high. He is so great, I so small, so small that beside him I seem hardly to exist, so wanting am I in worth and substance. One has no need to be told that God's presence is not the place in which to stand on one's dignity. To appear less presumptuous, to be as little and low as we feel, we sink to our knees and thus sacrifice half our height; and to satisfy our hearts still further we bow down our heads, and our diminished stature speaks to God and says, Thou art the great God; I am nothing.

Therefore let not the bending of our knees be a hurried gesture, an empty form. Put meaning into it. To kneel, in the soul's intention, is to bow down before God in deepest reverence.

On entering a church, or in passing before the altar, kneel down all the way without haste or hurry, putting your heart into what you do, and let your whole attitude say, Thou art the great God. It is an act of humility, an act of truth, and everytime you kneel it will do your soul good.

