

The Sign of the Cross



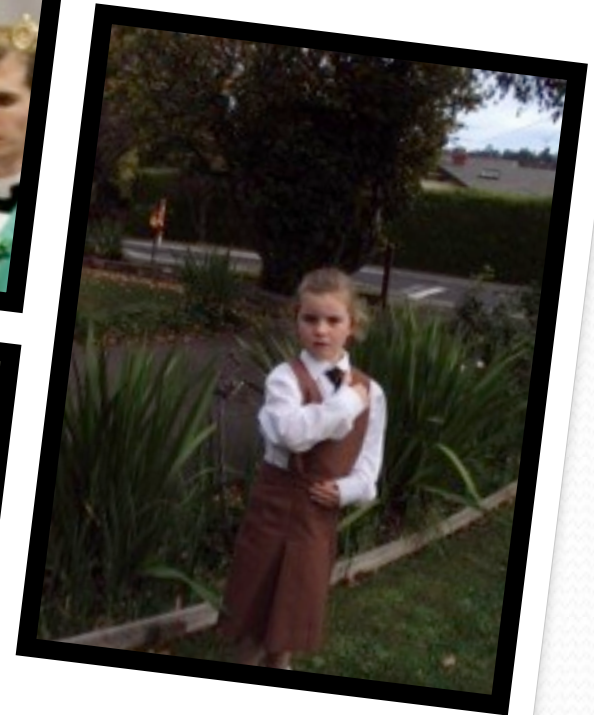
What is the Sign of the Cross?

The Sign of the Cross is the sign we make on ourselves in the shape of a cross



Who makes
the Sign of the
Cross?

Many
Christians
make this
sign



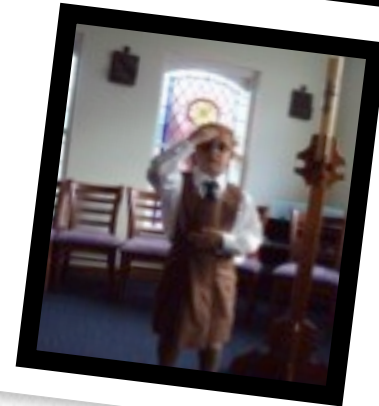
When do we make this sign?

- at the beginning and end of our prayers
- at the beginning and end of Mass
- at our Baptism when the priest uses oil to mark us with this sign
- when a priest blesses us
- when we use Holy Water



Where is this Sign made?

- any time
- anywhere
- alone
- together
- in a church
- at home
- in our class
- in our school assembly



Why do we make this sign?

- It is like taking a step into the Mystery of God
- It is a reminder of Jesus' self giving love
- It reminds us that God loves us
- It reminds us that God *is* Love



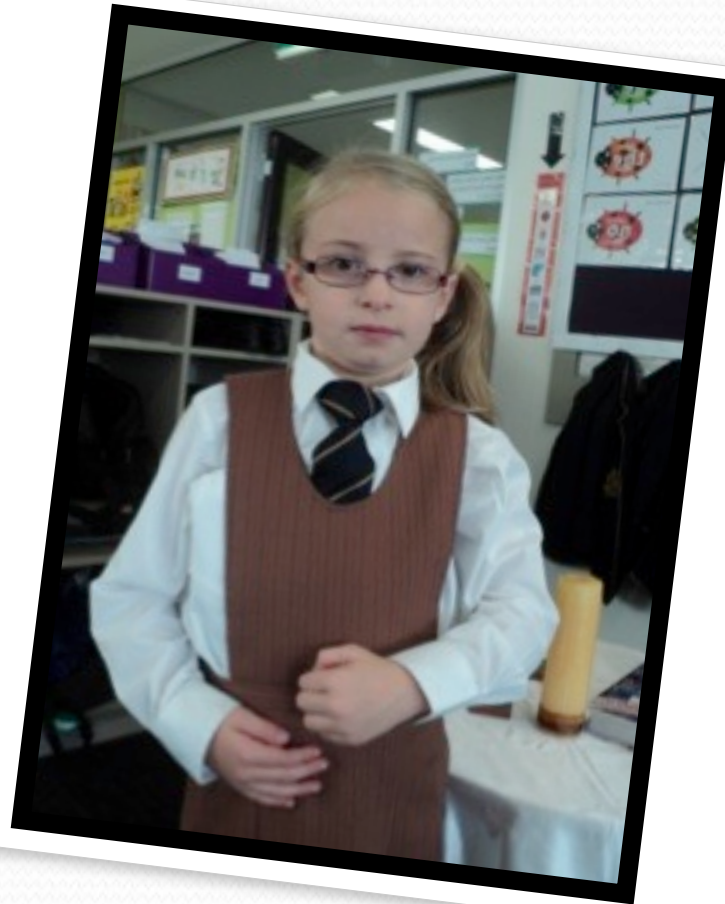
How do we make the sign of the Cross?

- We place our right hand above our eyes
- God is above and beyond anything we can 'see' or know
- Here we name God as 'Father' who loves us and from whom all life and every good thing comes to us as gift



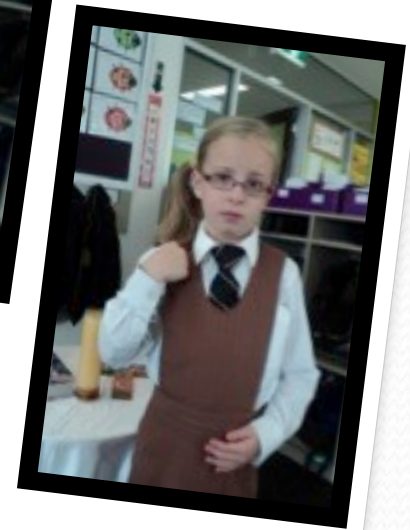
The second part

- We move our hand down to the very centre of our body
- God, who is the centre of our lives, comes down to us to be with one with us
- This is where we say, 'and of the Son' because Jesus is God's beloved Son, and he is one with us, our brother, who shows us that we too are God's beloved children just like him



The third part

- We then raise our hand to our left shoulder and move it right across our chest as we say 'and the Holy Spirit' because Jesus raises us up to become one with God
- This is where your heart and lungs are. These organs keep you alive
- We are loved by God: created by a Loving Father as brothers and sisters of the Beloved Son and in the Love that is the Holy Spirit



The fourth part

- At the end we join our hands and say Amen.
- This is a very old word from the language Jesus spoke
- 'Amen' means a very strong YES, or 'We agree!'
- It is our way of saying YES to God's invitation to move into the very mystery of God and become one with God as God's gift



Can you find
out anything
else about this
sign?

Let's practice
making the
Sign of the
Cross
together.



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Christianity cross. fallout.wikia.com

Baptism photos. calvarytrusts.blogspot.com

Blessed ash on forehead. blog.holidays.net

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