

Making the Sign of The Cross



In the name of the Father



and of the Son



and of the Holy



Spirit.



Amen

Why do we make this sign?

It is like taking a step into the Mystery of God

It is a reminder of Jesus' **love** for us

It reminds us that God **loves** us

It reminds us that **GOD IS LOVE!**



Making the **Sign of the Cross** may be the most common of all actions, of all prayers that Catholics make.

We make it many times without thinking—

- We make it when we begin and end our prayers;
- We make it when we bless ourselves with Holy Water;
- we make it when we enter and leave a church;
- we start each Mass with it;
- we may even make it as a blessing and
- when we pass a Catholic church where the Blessed Sacrament is reserved in the tabernacle.
- Sometimes a triple cross is made with the thumb (*for example at the reading of the Gospel*) on the head, the lips and the heart to ask God to enlighten our mind, be on our lips and in our heart as we listen to scripture.

In the Sign of the Cross, we profess the deepest mysteries of the Christian Faith: **the Trinity - Father, Son, and Holy Spirit** and we remember Jesus' selfless love on the Cross on Good Friday.

The combination of the words and the action are a creed -
a statement of what we believe.

And in saying our AMEN at the end, we are saying **Yes - We Believe this! It is true!!**
So we mark ourselves to be Christians through the Sign of the Cross.

Because we make the Sign of the Cross so often, we can be tempted to rush through it, to say the words without listening to them or thinking about them.

So next time you make the sign of the Cross - take a moment to think about you are doing, why you are doing it, what it means, and what it is asking of you!

And... say a prayer for someone you love, who loves you or who needs a prayer!



Pope Francis' Five Finger Prayer