

Making the Sign of the Cross

- ❖ To make the sign of the Cross, we place our thumb and first two fingers of our right hand together to a point. This expresses our faith in the One God in Three Persons, the Holy Trinity. Our two remaining fingers are placed against the palm of our hand to show our faith in the two natures of Christ - True God and True Man.
- ❖ With our fingers in place, we touch our forehead, navel, right shoulder, then left shoulder:
 - Forehead to keep our minds and thoughts pure so we can correctly understand His teachings
 - Navel to fill our hearts with love for Him and each other; and to make us kind and willing to help one another
 - Right shoulder to remind us that Jesus ascended into Heaven and is seated at the right hand of God. Also, to pray that we, too, will be made worthy to stand at His right hand in His kingdom
 - Left shoulder to help us see that our strength comes from the Lord. We pray that He will always give us the strength to do what He would want us to do
- ❖ In making the sign of the Cross, we speak the words "In the Name of the Father, and the Son, and the Holy Spirit," confessing our belief in the Holy Trinity and the saving grace of our Lord Jesus Christ, crucified for our salvation.
- ❖ We make the sign of the Cross quite often during the Divine Liturgy and other services:
 - When entering church and leaving it
 - When the words "Father, Son and Holy Spirit" are said
 - When we hear the name of the Blessed Theotokos or name of a Saint
 - When we hear the Trisagion, "Holy God, Holy Might, Holy Immortal, have mercy on us" ("Agios o Theos" in Greek)
 - Before and after the reading of the Gospel
 - Before and after receiving Holy Communion
 - When receiving Antidoron (Blessed Antidoron/Bread) from the Priest
 - When we kiss an Icon, the Cross or the Holy Gospel
 - Before and after meals and private prayers
 - When we give thanks or praise the Lord
 - Whenever we feel the need of God's aid and protection