



Week 1 - The Sign of the Cross

Parents - Instructions - Before beginning this lesson, please take a moment by yourself, or together as a couple, to read the scripture listed below. Take a few minutes to reflect on the passage, and read through the discussion questions.

Next, read the Scripture passage and the lesson to/with your child(ren). When you have finished reading through the lesson, discuss a couple of the questions below. Parents please be sure to share *your* answers, thoughts, and questions with your child(ren) as well.

Scripture Reading: [Matthew 28:19-20](#)

Virtue: Prayer.

“For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.” ~ St. Thérèse of Lisieux

Theme: The Holy Trinity

Parents - Read to/with Child(ren):

“As Catholics we make the **Sign of the Cross** often. Sometimes we might even forget what it means. The sign of the cross is actually a prayer. This prayer reminds us that we belong to a God who loves us very much. Our God is a Trinity - Father, Son and Holy Spirit. 3 in 1.”

“When we pray, ‘In the name of the Father, and of the Son, and of the Holy Spirit’, we enter into a loving family - the never-ending love between the Father, Son and Holy Spirit. Our Church community is also our loving family. In the scripture we just read, Jesus tells us to be baptized in the name of the Father, Son and Holy Spirit. When we were baptized, we became part of the family of God. Together we became sons and daughters of our Heavenly Father. We are brothers and sisters of the Son (Jesus). We have the life of the Holy Spirit within us!”

“The Sign of the Cross is one of our easiest and most powerful prayers. Every time we PRAY it and trace the shape of the cross of Jesus on ourselves, let us remember how we, as a family of God, are being drawn into God’s all-powerful, life-changing love - from now to eternity.”

Discussion Questions: (To help start the family conversation)

Young Child(ren) Questions (& 1st Reconciliation - 1st Communion Students)

1. What are some prayers you know of - even if you do not have them memorized?
2. When you pray the sign of the cross from now on, what are you going to try to think about?

Older Child(ren) Questions (& Confirmation Students)

1. What do you think about the above quote from St. Thérèse of Lisieux? How is this similar or different from the way you normally think about prayer?
2. What is your favorite way to pray? Would you like to learn about different styles of prayer?

Prayer: Each day this week, please intentionally & slowly pray together the Sign of the Cross.



Family Rosary Curriculum (FRC)

Catechetical Evangelization - Faith Formation & Sacramental Preparation

