

Understanding the Mass

The Sign of the Cross

We begin and end Mass with the Sign of the Cross. We begin and end our prayers with the Sign of the Cross.

The sign of the Cross is a whole body prayer.



When we make the Sign of the Cross, we say,
“In the name of the Father, and of the Son and of the Holy Spirit.
Amen.”



Sign of the Cross activity on www.TeachingCatholicKids.com

This is the Trinity. We believe in one God who is made up of 3 persons; God the Father, God the Son and God the Holy Spirit.

When we make the Sign of the Cross, we recall our own Baptism. We are baptized with holy water either on our heads or our bodies immersed in holy water.

We are baptized in the name of the Father, and of the Son and of the Holy Spirit.

What a powerful prayer that we say and use with our body to express our belief in God and remind us of our Baptism.

