

## Sign of the Cross



### The Sign of the Cross

In the name of the Father and  
of the Son and of the Holy  
Spirit. Amen.

Ki te ingoa o te Matua,  
o te Tamaiti,  
o te Wairua Tapu. Amene.

### For Parents and Teachers

Stand beside small children when teaching them the Sign of the Cross so that they can copy your actions.

Make the Sign of the Cross when you start and finish your day.

Make the Sign of the Cross with your children when they wake in the morning and go to bed at night.

### Making the Sign of the Cross

Place the fingers of your right hand first on your forehead, then down to the middle of your chest, then to your left shoulder and finally to your right shoulder.

### What it means

In making the Sign of the Cross, we are praying and we trace upon ourselves an outline of the cross. It is a sign that we are saved by the Jesus' death of on the cross.

### A Statement of Faith

The Sign of the Cross is a statement of faith. We first receive it at our Baptism when we became children of God. Jesus said: "Go therefore and make disciples of all the nations, baptising them in the name of the Father and the Son and the Holy Spirit."  
(Matthew 28:19)