

Making the Sign of the Cross

To learn how to make the Sign of the Cross, follow the image and instructions below!



In the name of the Father



and of the Son



and of the Holy



Spirit.



Amen

- Start with putting your hands together in front of you then, using your right hand touch your forehead and say [*in the name of the Father*]
- Move your hand to just between your tummy and chest saying [*and of the Son*]
- Now, move your hand to your left shoulder saying [*and of the Holy*]
- Next, move your hand to your right shoulder saying [*Spirit*]
- Finally, put your hands back together and say [*Amen*]