

Teach Your Children to Cross Themselves

Making the sign of the cross is a very meaningful and beautiful custom. Christians from the earliest centuries sealed themselves with the sign of the cross; they recognized each other in the making of the cross; and they blessed themselves with the sign of the cross.

St. Cyril of Jerasalem (313-386 AD) said, *“Let the cross, as our seal, be boldly made with our fingers upon our brow and on all occasions; over the bread we eat, over the cups we drink, in our comings and in our goings, before sleep, on lying down and rising up, when we are on the way somewhere and when we are still.”*

In other words, at all times. It is both a blessing upon ourselves and a witness to others of our faith. It is also a prayer since prayer is not just of the mind, but also of the body. And it is like a creed, that is, a statement of our beliefs.

The three fingers joined together reveal that we believe in the Holy Trinity: God the Father, who loves us; God the Son, who saves us; and God the Holy Spirit, who sanctifies us. As we hold our three fingers together, we affirm our faith in the Holy Trinity—not three gods, but One. The other two fingers symbolize the two natures of Jesus Christ, divine and human, and placed in the palm show that He came down from heaven for our salvation.



Every time I do my cross
it's for a different reason;
whether to thank God,
or to pray for help
with a big decision.
It doesn't matter the time or day
or even where I am,
when I need to say a prayer,
doing my cross is where I begin.

We do our cross for so many different reasons.
Why do you do your cross?



Making the sign of the cross reminds us of the commandment, *“You shall love the Lord your God with all your heart, with all your soul, and with all your mind.”* (Deut. 6:5) When we touch our forehead, we offer Him all our mind; then all our heart and soul when we touch our chest; and then we touch our right, then left shoulder, offering all our strength.

Why would we not teach our children to cross themselves?
Christians have been doing so since the time of the Holy Apostles.