

## **Lesson 8: Sign of the Cross**

We begin the Mass by making the Sign of the Cross, using the exact words that Jesus taught us (cf. Mt. 28:19 ) just before He ascended into heaven. By signing ourselves with the cross as we say, "In the Name of the Father, and of the Son, and of the Holy Spirit. Amen," we call to mind two central truths of our faith: that God is a Trinity of persons, and that our Savior Jesus Christ died for us on the Cross. No other gesture so clearly marks a person as a Roman Catholic than the Sign of the Cross.

Next, the celebrant says, "The Lord be with you," and the people respond, "And with your spirit."

Have you noticed that the more enthusiastic the response by the congregation is ("And with your spirit!!!"), the better the homily will be minutes later?