## Catholic Action - May

## The Sign of the Cross (The Introductory Rites portion of THE MASS)

## *Reader:*

*“The Sign of the Cross is not simply a way to* begin *praying. It is itself a powerful prayer that is meant to pour out tremendous blessings on our lives...In making this sign, we invoke God’s presence and invite him to bless us, assist us, and guard us from all harm...St. John Chrysostom (AD 347-407), for example, exhorted God’s people to turn constantly to the power of Christ found in the Sign of the Cross:*

*‘Never leave your house without making the Sign of the Cross. It will be to you a staff, a weapon, an impregnable fortress. Neither man nor demon will dare to attack you, seeing you covered with such powerful armor. Let this sign teach you that you are a soldier, ready to combat against the demons, and ready to fight for the crown of justice. Are you ignorant of what the cross has done? It has vanquished death, destroyed sin, emptied hell, dethroned Satin, and restored the universe. Would you then doubt its power?’\**

*…From a biblical perspective, every time we trace the Sign of the Cross over our bodies, we are doing two things. First, we are expressing our desire to be set apart from the corrupt ways of the world in our own day… Second, when we sign ourselves with the cross, we are invoking God’s protection for our lives. In the Sign of the Cross, we ask him to guard us from all harm and evil.” #*

*Reflection (Do as a group):*

## • Take a few minutes to reflect on the “The Sign of the Cross”, considering Trinity Sunday, May 30th.

## Did you hear anything in this passage that was new to you?

* How will you embrace the Sign of the Cross the next time you are at mass or arm yourself with it?

*Leader: Invite all to bless themselves as the Priest does at the beginning of the Mass*

“In the name of the Father, and of the Son, and of the Holy Spirit. *#*

All: Amen.

*#* *A Biblical Walk Through THE MASS, Understanding What We Say And Do In The Liturgy*, by Edward Sri, (published by Ascension, West Chester, PA 19380, 2011, 2017), pages 17, 18, 20

\*Pg 18 note: “St. John Chrysostom, Instructions to Catechumens, 2,5, in Andrew Arnold Lambding, The Sacramentals of the Holy Catholic Church (New York: Benzinger Brothers, 1892), 70.”