

## On Making the Sign of the Cross:

According to the teaching of the Holy Fathers, the sign of the Cross should be made in the following manner:

The thumb and first two fingers of the right hand are joined at their tips (these three signify the Trinity, Father, Son & Holy Spirit).

The other 2 remaining fingers, are folded down across the palm (signifying the two natures of Christ, fully God and fully Man).

We then touch the brow, the belly, and the right and left shoulders, and make a slight bow.

Of those who sign themselves with all five fingers, or who bow before finishing the Cross, or simply wave their hand in the air or before their breast, Saint John Chrysostom says: "The demons rejoice at these mad gestures." On the other hand, the sign of the Cross, properly made with faith and reverence, terrifies the demons, clothes oneself in the spiritual armor, calms sinful passions, and calls down divine grace and mercy.

The crossing from right to left is the original teaching and ways of the first Church. The later tradition of crossing from left to right, came from watching the priest who when blessing other people would cross the other person from right to left and because of the "mirror affect" over time people simply copied the priest, and the Catholic and some Protestant traditions continue crossing from left to right rather than right to left.