

# Going into Church

## The Sign of the Cross



As we come into church we bless ourselves with holy water from the stoup as a reminder of our baptism and to show that we are a follower of Jesus who died on the cross for us. It joins us with everyone else in church as members together.

*Practise making the Sign of the Cross properly at home using the words to remind us of our belief in the Trinity, three Persons in one God:*

***"In the Name of the Father  
and of the Son  
and of the Holy Spirit.  
Amen"***

*We put our right hand on our forehead to mean that we try to learn about God; on our heart to show that we try to love God; on our shoulders to ask for God's protection and guidance in our life.*

