

Eucharist Session 1–3**Sign of the Cross**

Below are some ideas for how to incorporate the Sign of the Cross into your daily life. Put a checkmark next to the things that your family already does. Circle one or two of the remaining suggestions that your family can commit to adding to your daily routine.

- Make the Sign of the Cross before saying a morning prayer.
- Make the Sign of the Cross before saying an evening prayer.
- Make the Sign of the Cross and say a prayer for the person who needs help when you see or hear an ambulance.
- Use your finger to make the Sign of the Cross on the forehead of your child before he or she leaves for school in the morning or before he or she goes to bed at night. Consider adding simple phrases, like “go with God” or “sleep in God’s love” as you make the Sign of the Cross.
- Make the Sign of Cross and say grace before having family meals at home.
- Make the Sign of Cross and say grace before having family meals at restaurants.
- Make the Sign of the Cross before you speak during an argument with another family member.
- Make the Sign of the Cross when you need to call for strength from the Holy Spirit to do something that you find difficult to do, such as speaking to or performing for a large group of people.