



REFLECTIONS ON TRADITIONAL PRAYERS

THE SIGN OF THE CROSS

In the Name of the Father, and of the Son and of the Holy Spirit,

The sign of the Cross was part of the early Catechism taught to the new Christians by the Apostles and was used during the Baptism of new members into the Church. The signing of the cross on one's forehead has its written beginnings as early as the Old Testament. In Ezekiel 9:4 we read: **'Pass through the city (Jerusalem) and mark their foreheads with an X (form of a cross) to mark the innocent'**.

The sign is considered a life-giving symbol. The sign of the cross, on the threshold of the celebration of the sacrament of Baptism, marks with the imprint of Christ the one who is going to belong to him and signifies the grace of the redemption that Christ won for us by his own Cross.

We are sealed in Christ.

OUR FATHER

Leader: Father, let us see and know in our lives that you are no stranger to those who call on you in prayer. Give us faith, and give us the joy of recognising your Son Jesus, in our midst. Spirit of God, teach us to pray.

ALL: *Our Father, who art in heaven*

Leader: Help us to believe this day that there is a power to lift us up which is stronger than all the things which hold us down

ALL: *Hallowed be thy name*

Leader: Help us to be sensitive to what is beautiful, and responsive to what is good, so that day by day we may grow more sure of the holiness of life in which we want to trust.

ALL: *Thy kingdom come*

Leader: Help us to be quick to see and ready to encourage, whatever brings the better meaning of God into that which otherwise might be the common round of the uninspired day.

ALL: *Thy will be done on earth as it is in heaven*

Leader: Help us to believe that the ideals of the Spirit are not a far-off dream, but a power to command loyalty and direct our lives here on our real earth.

ALL: *Give us this day our daily bread*

Leader: Open the way for us to earn what we need, but let us never forget the needs of others and make us want only those benefits for ourselves that will also be their gain.

ALL: *And forgive us our trespasses, as we forgive those who trespass against us*

Leader: Make us patient and sympathetic with the shortcomings of others, and keep us eternally watchful of our own. Keep our eyes lifted to the highest standards, so that we may be forgiving, because we know how much there is of which we need to be forgiven

ALL: *And lead us not into temptation, but deliver us from evil*

Leader: Let us not go carelessly within the reach of evil we cannot resist, but if in the path of duty we must go where temptation is, give us the strength of spirit to meet it without fear

ALL: *For the Kingdom and Power and the Glory are yours, now and forever. Amen*