

# METHODS OF PRAYER

## Signing Yourself with the Cross

### Note:

- ✓ *The first thing we, usually, do in the morning at rising is the Sign of the Cross.*
- ✓ *Unfortunately, the prayer of the Sign of the cross – the most commonly recited – is the one said with the least attention and in the most routine way.*
- ✓ *With a little effort, we can make the Sign of the Cross come alive in our life and be again the powerful and meaningful prayer that it is. .*
- ✓ *Every new day is given to us by God that we may lead useful and happy lives, and to serve Him and others in joy and contentment.*
- ✓ *We know, however, that every new day brings along to us difficulties and challenges, even dangers to face.*
- ✓ *The Sign of the Cross, the sign of Christ Victory, will give us the courage and power we need to face the challenges of a new day.*

### PROCEDURE:

#### At Rising Time:

- No sooner you raise, stop for a few seconds.
- Consciously and devoutly: say to yourself: “I begin this day not alone, but with Christ. He conquered sin and the evils of the world by the power of his cross. May the Sign of the cross strengthen me and protect me today”.
- Then, consciously and devoutly sign yourself
- **In the name of the Father and of the Son and of the Holy Spirit**
- If you have a crucifix, look at it and kiss it.
- Later on, when you say your Morning Prayers, **sign yourself again** slowly and in an attentive way

#### During the day:

##### Make you mind to sign yourself as often as you can.

- Whenever you attend Mass.
- Every time you sign yourself, do it in a conscious and mindful way: For instance:
- As you are about to take your breakfast.
- On leaving the House for your place of work or study.
- On starting any new work or job.
- Whenever you meet with difficulties. . .
- When temptations of any type beset you.
- When you failed or fallen into sin.
- When you travel by bus or train, or any other means . . .

- As you happen to pass in front of a Church or of a Cross.
- In your joys and pains.
- Before meals and after meals.
- On returning home.
- Before and after saying any prayers.
- Before retiring.