

My Time with Jesus

We always begin and end our time of prayer with the *Sign of the Cross*.

You will want to recognize the gesture that you are making is a Cross, because Jesus died on the Cross for our sins. Praying the *Sign of the Cross* will help you become more aware of how much God loves you. You will want to make the *Sign of the Cross* respectfully as you are addressing and giving honor to the three Persons of the Blessed Trinity: Father, the Son and the Holy Spirit.

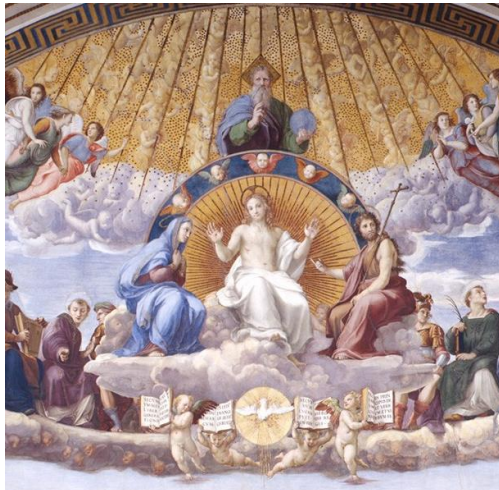
The Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

The Father, Son and Holy Spirit live in us through Baptism. Close your eyes and take some time in silence to be aware of Jesus within your heart and greet Him.

Thank Jesus for two blessings:

being loved by God as His child, being with family; the gift of a Guardian Angel; gainful employment a good and faithful friend; a nice home; learning something new; God's creation; an answer to prayer.



Sacred Art depicting the Father, the Son and the Holy Spirit. The dove is a Biblical image of the Holy Spirit.

A related prayer to the *Sign of the Cross* is the *Glory Be*. "Glory" means praise and honor.

We want to praise God because He is all good, and for all His goodness to us.

Glory Be

**Glory be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning is now, and ever shall be, world without end. Amen.**

Close your prayer time with the *Sign of the Cross*



Dear Friend,

Thank you for your interest in going deeper in prayer. It is necessary to set aside time each day in conversation with Jesus in order to develop and grow in a personal friendship with Him. This relationship with the Son of God in turn strengthens you on the true path to happiness.

The *Sign of the Cross* is a very important prayer. Praying and focusing on the *Sign of the Cross* over an extended period of time will help you begin to know better the three Persons of the Blessed Trinity: God the Father, God the Son and God the Holy Spirit. When you make the *Sign of the Cross* at the beginning and end of your time of prayer, you are telling God that you believe in Him, and you are offering your prayers to Him.

Why pray the *Sign of the Cross* daily?

The Father sent His Son – Jesus – to die on the Cross for you so that your sins could be forgiven and you could become an adopted child of God. Making the *Sign of the Cross* and praying in the name of the Father, Son and Holy Spirit will remind you of God's incredible love for you.

You make the *Sign of the Cross* by:

- 1) touching your forehead and praying "in the name of the Father",
- 2) then touching your chest (near your heart) praying "and of the Son",
- 3) then touching your left and right shoulders praying "and of the Holy Spirit. Amen."

Praying the *Sign of the Cross* slowly on a daily basis will allow you to think about the words that you are praying and the sign that you are making on yourself.

To be consistent, it is essential to choose a specific time that best fits your schedule, such as

- At a meal time
- Just after getting out of bed or before leaving home in the morning
- In the evening or at bedtime

It is helpful to have a picture or statue of Jesus to help stay focused on Him during prayer time.

For further suggestions to learn and understand the *Sign of the Cross Prayer* go to diolc.org/deeper