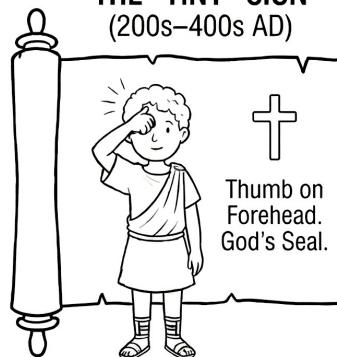


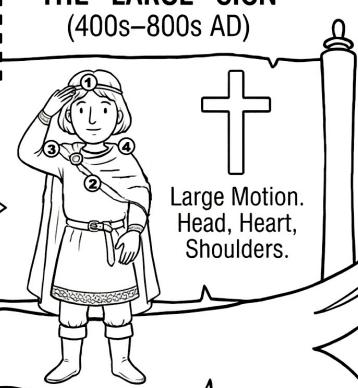
THE HISTORY OF THE SIGN OF THE CROSS: A TIMELINE

EARLY DAYS:
THE “TINY” SIGN
(200s–400s AD)



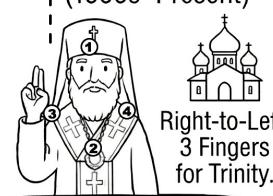
Thumb on
Forehead.
God's Seal.

GROWING BIGGER:
THE “LARGE” SIGN
(400s–800s AD)



Large Motion.
Head, Heart,
Shoulders.

EASTERN WAY
(1000s–Present)



Right-to-Left.
3 Fingers
for Trinity.

SHARED
FAITH
TODAY

Can you place the cards in the correct order to learn the history of the sign of the cross?



WESTERN WAY
(1000s–Present)



Left-to-Right.
Open Hand
(5 Wounds).

Christians did not use the large motion we see today; instead, they used their thumb to trace a small cross only on their foreheads.

They viewed this as a "seal" of protection from God and did it constantly throughout the day.

Originally, everyone crossed from right to left, a tradition the Eastern Church kept, using three fingers to represent the Trinity.

Eventually, the West adopted this left-to-right motion using an open hand to symbolize the five wounds of Jesus.

The gesture grew from the forehead to cover the whole upper body; head, chest, and shoulders.

Then in Europe, people began switching to a left-to-right motion, likely because they were "mirroring" the priest who blessed them.

This was to show boldness with their faith as it was then safe to do so. This also helped teach the idea that Jesus came down from heaven to earth.

THE HISTORY OF THE SIGN OF THE CROSS: A TIMELINE

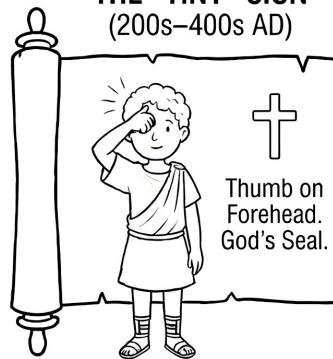
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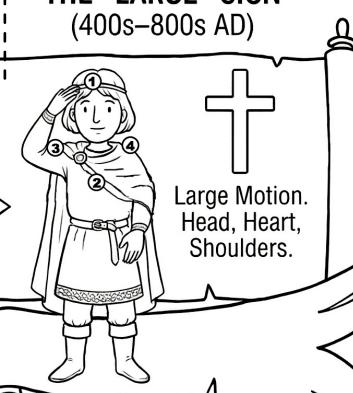
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**EARLY DAYS:
THE "TINY" SIGN
(200s-400s AD)**



Thumb on Forehead. God's Seal.

**GROWING BIGGER:
THE "LARGE" SIGN
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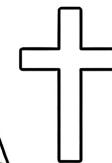


Large Motion. Head, Heart, Shoulders.

**EASTERN WAY
(1000s-Present)**



Right-to-Left.
3 Fingers for Trinity.



SHARED FAITH TODAY



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