

WEEK 25: TOUCH - MAKING THE SIGN OF THE CROSS/ MOVEMENT IN WORSHIP / VENERATION OF ICONS & RELICS

PRE-K - KINDERGARTEN

GOALS

When do we make the sign of the cross?
Why do we stand, bow, and make prostrations?
Why do we venerate icons and holy relics?

LESSON

Review how to make the sign of the cross correctly with students
Everyone stand up!, bow, and make a prostration
How do we venerate an icon and why?

SIGN OF THE CROSS:

How do we make the sign of the cross?

Review how we place our fingers on our **right hand** (See attached visual)

1. We touch our 3 fingers to our forehead - “In the name of the Father”
2. We touch our 3 fingers to our chest - “and of the Son”
3. We touch our 3 fingers to our **right shoulder first** and then our left shoulder - “and of the Holy Spirit”

Let’s practice together!

When do we make the sign of the cross?

- Before and after we say a prayer
- Before we kiss an icon
- When we walk into a church
- And other times as well

MOVEMENT IN WORSHIP:

We **stand** a lot while we're in church. We do this because it helps us pay attention to the prayers. When we sit for a long time, we relax and start to think about other things. Standing is also done to show respect or reverence for someone. Who are we showing respect to while we're in church? (God, the Theotokos, the saints)

At certain times of the Liturgy we could also sit in Church, but we have to understand that this is an allowance for our inability to stand at all times and, even when we sit down, we have to keep a reverent and attentive posture and not cross our legs, relax, slouch, talk with our neighbors, etc.

Sometimes we **kneel** too. This is also done out of respect for God. During a time when everyone is kneeling in Church, and for some reason we are not able to kneel, it is better to stand than sit at that point, out of reverence.

We **bow our heads** during the Divine Liturgy when we hear the priest say, "Let us bow our heads to the Lord." Bowing our heads means we bend our necks towards the floor. The priest will then say a prayer for all of us.

A prostration is when we bend our bodies to the ground. There are two types of prostrations. We make a **small prostration** when we go to kiss an icon. In front of the icon, we bend over, touch our right hand to the ground, and then make the sign of the cross. We make a full **prostration** when we bend down to the ground on our knees, feet, and hands and then touch our forehead to the ground. When we get up, we make the sign of the cross. You will see many people making prostrations during Great Lent and Holy Week.

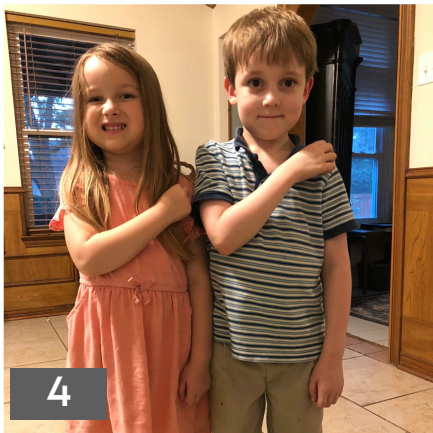
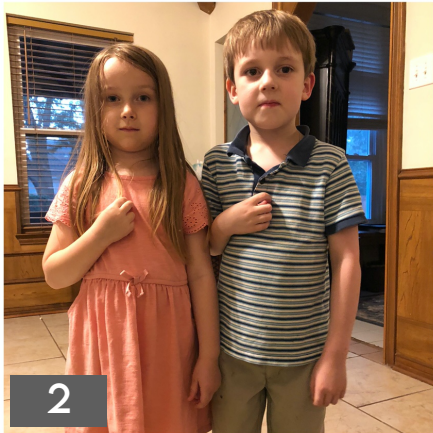
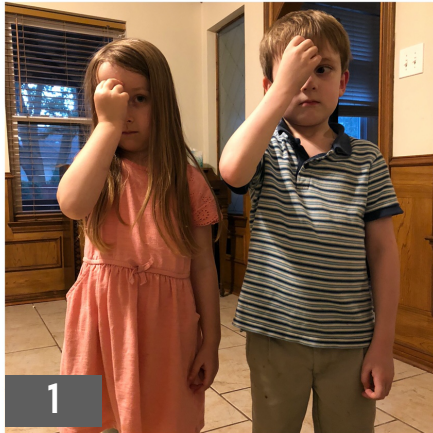
VENERATION OF ICONS AND HOLY RELICS:

We can make a small prostration and then make the sign of the cross before kissing an icon or holy relic. We are showing our love and respect for the people on the icon, just like we show to the people we love in our everyday life.

REVIEW:

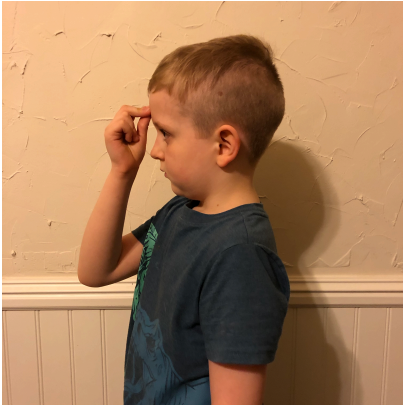
- We move around a lot in church. Everybody stand up and let's practice what we learned today! Let me see you make the sign of the cross again. Let me see you stand nicely just like you would in church. Let me see you kneel on your knees for moment. Let me see you bow your head for the next time you hear Father say, "Let us bow our heads to the Lord." Let me see you make a small prostration. (That's when you touch your right hand to the ground and then make the sign of the cross.) Let me see you make a full prostration. (That's when you make the sign of the cross, bend down on your knees and hands, touch your forehead to the ground, and then stand back up and make the sign of the cross again.) Great job everyone!
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SIGN OF THE CROSS FOR YOUNG CHILDREN

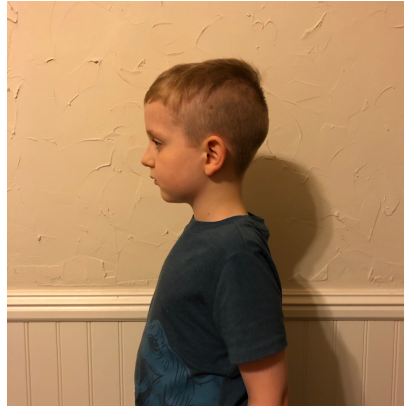


MOVEMENT
in Worship

**MAKING THE
SIGN OF THE
CROSS**



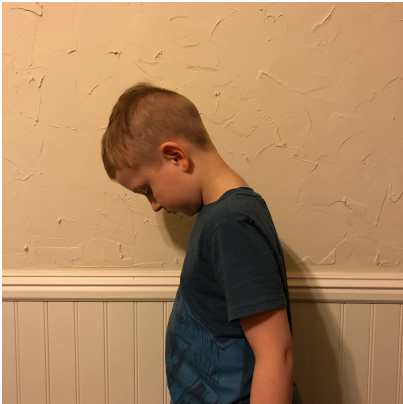
STANDING



KNEELING



**BOWING
HEAD**



**SMALL
PROSTRATION**



**FULL
PROSTRATION**



WEEK 25: TOUCH - MAKING THE SIGN OF THE CROSS/ MOVEMENT IN WORSHIP / VENERATION OF ICONS & RELICS

1ST - 2ND GRADE

GOALS

When do we make the sign of the cross?
Why do we stand, bow, and make prostrations?
Why do we venerate icons and holy relics?

LESSON

Review how to make the sign of the cross correctly with students
Everyone stand up!, bow, and make a prostration
How do we venerate an icon and why?

SIGN OF THE CROSS:

How do we make the sign of the cross?

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Let's practice together!

When do we make the sign of the cross?

- Before and after we say a prayer
- Before we kiss an icon
- When we walk into a church
- And other times as well

MOVEMENT IN WORSHIP:

We **stand** a lot while we're in church. We do this because it helps us pay attention to the prayers. When we sit for a long time, we relax and start to think about other things. Standing is also done to show respect or reverence for someone. Who are we showing respect to while we're in church? (God, the Theotokos, the saints)

At certain times of the Liturgy we could also sit in Church, but we have to understand that this is an allowance for our inability to stand at all times and, even when we sit down, we have to keep a reverent and attentive posture and not cross our legs, relax, slouch, talk with our neighbors, etc.

Sometimes we **kneel** too. This is also done out of respect for God. During a time when everyone is kneeling in Church, and for some reason we are not able to kneel, it is better to stand than sit at that point, out of reverence.

We **bow our heads** during the Divine Liturgy when we hear the priest say, "Let us bow our heads to the Lord." Bowing our heads means we bend our necks towards the floor. The priest will then say a prayer for all of us.

A prostration is when we bend our bodies to the ground. There are two types of prostrations. We make a **small prostration** when we go to kiss an icon. In front of the icon, we bend over, touch our right hand to the ground, and then make the sign of the cross. We make a full **prostration** when we bend down to the ground on our knees, feet, and hands and then touch our forehead to the ground. When we get up, we make the sign of the cross. You will see many people making prostrations during Great Lent and Holy Week.

VENERATION OF ICONS AND HOLY RELICS:

A holy relic can be the bones of a saint, a piece of the Cross that Christ was crucified on, or clothing from saints.

We can make a small prostration and then make the sign of the cross before kissing an icon or holy relic. We are showing our love and respect for the people on the icon, just like we show to the people we love in our everyday life. We kiss holy relics because we believe that the body remains the temple of the Holy Spirit even after someone dies.

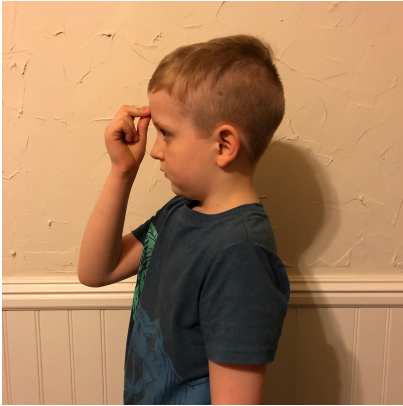
It's important to understand that we do not worship icons or relics. We are showing our love and respect for the person just like when you see your mom, dad, grandma, or grandpa.

REVIEW:

- We move around a lot in church. Everybody stand up and let's practice what we learned today! Let me see you make the sign of the cross again. Let me see you stand nicely just like you would in church. Let me see you kneel on your knees for moment. Let me see you bow your head for the next time you hear Father say, "Let us bow our heads to the Lord." Let me see you make a small prostration. (That's when you touch your right hand to the ground and then make the sign of the cross.) Let me see you make a full prostration. (That's when you make the sign of the cross, bend down on your knees and hands, touch your forehead to the ground, and then stand back up and make the sign of the cross again.) Great job everyone!
 - When do we make the sign of the cross? (Before and after we say a prayer, before we kiss an icon or holy relic, when we walk into and out of a church, as well as other times)
 - Do we worship icons or relics? (No. We are showing our love and respect for the person.)
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MOVEMENT
in Worship

**MAKING THE
SIGN OF THE
CROSS**



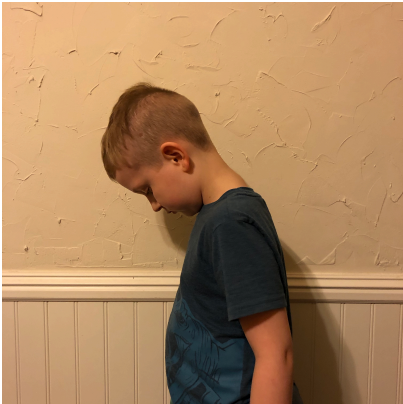
STANDING



KNEELING



**BOWING
HEAD**



**SMALL
PROSTRATION**



**FULL
PROSTRATION**



WEEK 25: TOUCH - MAKING THE SIGN OF THE CROSS/ MOVEMENT IN WORSHIP / VENERATION OF ICONS & RELICS

3RD - 5TH GRADE

GOALS

When do we make the sign of the cross?
Why do we stand, bow, and make prostrations?
Why do we venerate icons and holy relics?

LESSON

When and why do we make the sign of the cross
Learn about some of the different movements we make during prayer and why
How do we venerate an icon and why?

SIGN OF THE CROSS:

When do we make the sign of the cross?

- Before and after we say a prayer
- Before we kiss an icon
- When we walk into and out of a church
- Before riding (driving) in a car
- When we see a car accident or an emergency vehicle going past us with their lights and sirens running (and we can say a prayer for the people involved as well)
- And other times as well

Why do we make the sign of the cross?

We make the sign of the cross because it is a statement of our Christian faith which incorporates our whole body. We press together our three fingers on our right hand to symbolize the Holy Trinity - three persons in one. We press our other two fingers into the palm of our hand to symbolize the two natures of Christ - He is fully God and fully human.

MOVEMENT IN WORSHIP:

We **stand** most of the time while we're in church. We do this because it helps us pay attention to the prayers. When we sit for a long time, we relax and start to think about other things. Standing is also done to show respect or reverence for someone. Who are we showing respect to while we're in church? (God, the Theotokos, the saints)

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It's important to understand that we do not worship icons or relics. We are showing our love and respect for the person just like when you see your mom, dad, grandma, or grandpa. Worship only belongs to God alone.

REVIEW:

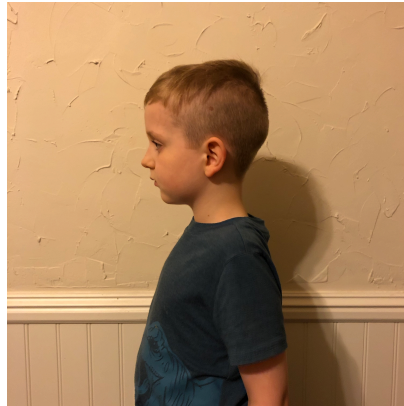
- When do we make the sign of the cross? (Before and after we say a prayer, before we kiss an icon or holy relic, when we walk into and out of a church, as well as other times)
- Why do we make the sign of the cross? (Because it is a statement of our Christian faith)
- Do we worship icons or relics? (No. We are showing our love and respect for the person.)
- Who do we worship? (Only God)
- The next time you're attending the Divine Liturgy, when are you going to bow your head? (When we hear, "Let us bow our heads unto the Lord.")
- When do you make a small prostration? (Before kissing an icon or relic)
- When do you make a full prostration? (Mostly during Great Lent and Holy Week)
- What is the difference between a small prostration and a full prostration? (Small prostration: your right hand touches the floor before making the sign of the cross. Full prostration: Your entire body bends down to the ground.)

MOVEMENT in Worship

MAKING THE SIGN OF THE CROSS



STANDING



KNEELING



BOWING HEAD



SMALL PROSTRATION



FULL PROSTRATION



WEEK 25: TOUCH - MAKING THE SIGN OF THE CROSS/ MOVEMENT IN WORSHIP / VENERATION OF ICONS & RELICS

MIDDLE SCHOOL

GOALS

- When do we make the sign of the cross?
- Why do we stand, bow, and make prostrations?
- Why do we venerate icons and holy relics?

LESSON

When and why do we make the sign of the cross

Learn about some of the different movements we make during prayer and why

How do we venerate an icon and why?

SIGN OF THE CROSS:

When do we make the sign of the cross?

- Before and after we say a prayer
- Before we kiss an icon
- When we walk into and out of a church
- Before riding (driving) in a car
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The first mention of Christians making the sign of the cross is in the 2nd century by Tertullian who said, "In all of our travels and movements, in all our coming in and going out, in putting on our shoes,

at the bath, at the table, lighting our candles, in lying down, in sitting down, whatever employment occupieth us, we mark our foreheads with the sign of the cross.” (Orthodox Wiki, De cor. Mil., iii)

At this point in time, only one finger was used to make the sign of the cross on one’s forehead. It was around the 4th century when more than one finger began to be used and by at least the 9th century Christians began making the sign of the cross like we do today.

MOVEMENT IN WORSHIP:

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We **bow our heads** during the Divine Liturgy when we hear the priest say, “Let us bow our heads to the Lord.” Bowing our heads means we bend our necks towards the floor. The priest will then say the following prayer:

We give thanks to You, invisible King, who by Your infinite power have created all things, and in the greatness of Your mercy have brought everything from nothingness into being. Master, look down from heaven upon those who have bowed their heads before You; they have bowed not before flesh and blood but before You the awesome God. Therefore, Master, distribute these Gifts here offered, to all of us for our good, according to each person’s special needs; travel with those who travel by air, land, or sea; comfort those who need comfort; strengthen and heal the sick, for You are the healer of our souls and bodies.

A prostration is when we bend our bodies to the ground. There are two types of prostrations. We make a **small prostration** when we go to kiss an icon. In front of the icon, we bend over, touch our right hand to the ground, and then make the sign of the cross. We make a full **prostration** when we bend down to the ground on our knees, feet, and hands and then touch our forehead to the ground. When we get up, we make the sign of the cross. You will see many people making prostrations during Great Lent and Holy Week.

The position and movements of body in prayer is an important part of Orthodox Worship because it involves the entire human being in prayer. The mind and the soul are engaged through the words of the prayer, while the body is involved through position and movement. Just as our posture is important in various situations in the secular world (i.e. school, office, court of Law, etc.), so our posture is important when we find ourselves in prayer in front of the King of Kings, our God.

VENERATION OF ICONS AND HOLY RELICS:

A holy relic can be the bones of a saint, a piece of the Cross that Christ was crucified on, or clothing from saints.

We make a small prostration and the sign of the cross two times before kissing an icon or holy relic and then make one more small prostration and the sign of the cross.

We do not venerate the icons themselves, but our veneration goes to the person depicted in them. What is the difference between worship and veneration? Worship is reserved for God and veneration is for the saints. We neither venerate nor worship icons, but we venerate/worship the prototype. We kiss holy relics because we believe that the body remains the temple of the Holy Spirit even after someone dies.

REVIEW:

- When do we make the sign of the cross? (Before and after we say a prayer, before we kiss an icon or holy relic, when we walk into and out of a church, as well as other times)
 - Why do we make the sign of the cross? (Because it is a statement of our Christian faith)
 - The next time you're attending the Divine Liturgy, when are you going to bow your head? (When we hear, "Let us bow our heads unto the Lord.")
 - When do you make a small prostration? (Before kissing an icon or relic)
 - When do you make a full prostration? (Mostly during Great Lent and Holy Week)
 - What is the difference between a small prostration and a full prostration? (Small prostration: your right hand touches the floor before making the sign of the cross. Full prostration: Your entire body bends down to the ground.)
 - Do we worship icons or relics? (No. We are showing our love and respect for the person.)
 - Who do we worship? (Only God)
-

PROSTRATIONS

SMALL PROSTRATION



FULL PROSTRATION



WEEK 25: TOUCH - MAKING THE SIGN OF THE CROSS/ MOVEMENT IN WORSHIP / VENERATION OF ICONS & RELICS

HIGH SCHOOL

GOALS

- When do we make the sign of the cross?
- Why do we stand, bow, and make prostrations?
- Why do we venerate icons and holy relics?

LESSON

When and why do we make the sign of the cross

Learn about some of the different movements we make during prayer and why

How do we venerate an icon and why?

SIGN OF THE CROSS:

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REVIEW:

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PROSTRATIONS

SMALL PROSTRATION



FULL PROSTRATION

