



St Francis of Assisi Parish



REFLECTION

SIGN OF THE CROSS

In the infinite wisdom of God, He has chosen a SIGN for us, that of the CROSS.

As St Alquin says: A slight motion of the hand is sufficient to trace upon us the Instrument of divine torture (as it is called) a bright and powerful sign which teaches us all that we have to know a "Buckler and Shield against our enemies"

St Paul writing to Galatians says 6:14-17, as for me it is out of question that I should boast on anything at all except the Cross of Our Lord Jesus Christ, through whom the world has been crucified to me and I to the world and after this I carry branded on my body the Image of Christ.

St Cyril of Jerusalem says: This sign is a powerful protection, it is gratuitous because of the poor, it is easy because of the weak, a benefit from God, a standard of the faithful and a terror to demons.

St Ephrem says: Adorn and protect each member of your body with this victorious sign and nothing can injure you.

Tertullian an ancient writer c.160 says: In all our travels and movements, in all our coming in and going out, in putting on our shoes, at the bath, at the table, in the switching on and off lights, in lying down, in sitting down, whatever work we do we mark our foreheads with the sign of the Cross.

St John Chrysostom says: Never leave your home without making the sign of the Cross. It will be your staff, a weapon and an impregnable fortress. No one will attack you. Let the sign teach you that you are a soldier ready to fight for the crown of Justice.

The Cross has vanquished death, destroyed sin, emptied hell, dethroned Satan, and restored the universe to glory. When I make the sign of the Cross I travel back to Calvary to realise the multidimensional realities:

An act of Faith to bring me to God's presence,

A way to renew my Baptism.

An affirmation of my decision to follow Jesus.

A decision to accept to share the sufferings of Jesus.

A means to overcome my weakness.

A means to grow in the likeness of Christ and It sums up my Christian Life.

Book of Revelation 5:11-12 gives a heavenly scenario in which multitude of angels, elders and creatures cry out in loud voice, to the Lamb on the Throne.

Worthy is the Lamb that was slain, to receive honour, glory and praise,

Worthy is the Lamb that was slain.

Fr Joseph Rathnaraj

Parish Priest

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