

Lesson Plan

Lesson #2

Grade: 1-2

Duration 30-40 min

Lesson Topic: The Sign of the Cross

Learning Objective/s:

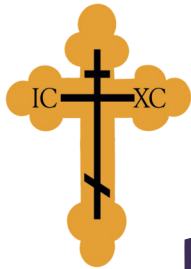
- To learn the proper way to make the Sign of the Cross.
- To understand the importance of the cross gesture.

1. OPENING



You can begin with a simple prayer to set a respectful tone for the lesson.

Example: "Dear God, thank You for this time together. Please help us learn about the Sign of the Cross and its meaning. Amen."



2. INTRODUCTION

Explain the Sign of the Cross:

"The Sign of the Cross is a special way we show our love for God. We make the cross with our hands to remember Jesus' sacrifice for us."

3. DEMONSTRATION OF THE GESTURE

Steps to Make the Sign of the Cross:

- a. Start: Use your right hand.
- b. Touch your forehead: Say, "In the name of the Father."
- c. Touch your chest: Say, "and of the Son."
- d. Touch your left shoulder: Say, "and of the Holy."
- e. Touch your right shoulder: Say, "Spirit. Amen."

Practice Together:

Guide the students to practice the motion together a few times. Please encourage them to say the words out loud as they make the gesture.



4. SIGNIFICANCE OF THE GESTURE

Discuss why the Sign of the Cross is essential:

- **Remembering God:** It reminds us of God the Father, Son, and Holy Spirit.
- **Connection to Jesus Christ:** It helps us remember Jesus' love and sacrifice on the cross.
- **Protection:** Many people use the Sign of the Cross for blessing and protection.

Ask students if they have seen anyone make the Sign of the Cross and where they might see it (e.g., in church, at home, etc.).

CLOSING REMARKS



Ask the students:

- What does the Sign of the Cross mean to you?
- Could you let me know when you'll use it?

CLOSING PRAYER

End the lesson with a prayer.

Example: "Dear God, thank You for helping us learn about the Sign of the Cross. May we remember You in everything we do. Amen."

Activity

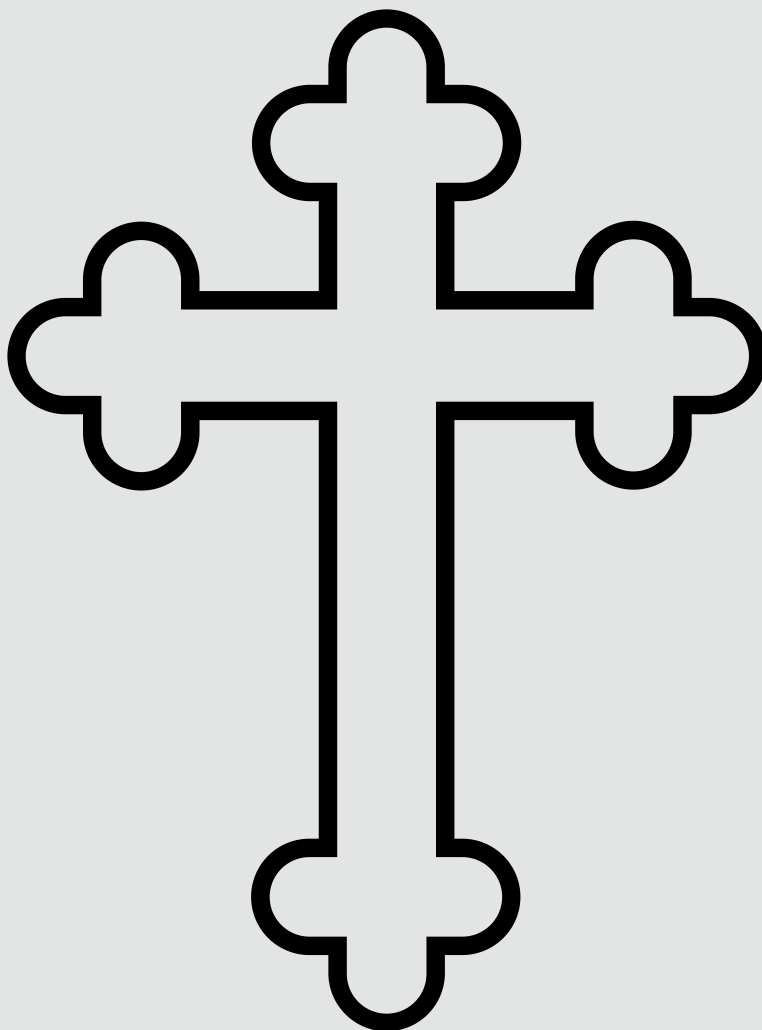
Project: My Cross Decoration

Materials

- Paper crosses (pre-cut or allow students to cut them out)
- Markers, crayons, or colored pencils
- Glitter or stickers
- String (for hanging)
- Glue (if using glitter or other decorations)

Instructions:

1. Give each student a paper cross.
2. Have them decorate it with colors, glitter, and stickers.
3. Encourage them to write "In the name of the Father, and of the Son, and of the Holy Spirit" on their cross.
4. If time allows, help them attach a string to their crosses for hanging.



Teacher's Guide



The Sign of the Cross

The Sign of the Cross is very special and helps us remember God's love and protection. But what is the Sign of the Cross? Let's think about it together.

First, the Sign of the Cross reminds us of Jesus' love.

Have you ever seen someone make a heart with their hands to show love? The Sign of the Cross shows us even more love—Jesus' love. When we touch our foreheads, chests, and shoulders, we remember that Jesus died on the Cross for us and that His love surrounds us every day.

Second, the Sign of the Cross helps us pray.

When we make the Sign of the Cross, it's like opening a door to talk with God. It reminds us to ask for His help, to say thank you, and to share what's in our hearts. Even if we are scared, lonely, or sad, we can make the Sign of the Cross and feel God near us.

Third, the Sign of the Cross protects us.

Just as wearing a helmet protects your head when riding a bike, the Sign of the Cross reminds us that God is protecting us. We can make the Sign of the Cross in the morning, before we go to school, or before we sleep, knowing that God is watching over us. Finally, the Sign of the Cross helps us remember the Holy Trinity.

When we say, "***In the name of the Father, and of the Son, and of the Holy Spirit,***" we are remembering God the Father who made us, Jesus the Son who loves us, and the Holy Spirit who guides us. It is an excellent way to honor God and feel close to Him.

How can we use the Sign of the Cross every day?

WE CAN MAKE THE SIGN OF THE CROSS:

- - When we wake up in the morning
- - Before we eat or drink
- - When we feel afraid or sad
- - At the start and end of prayer

It's a simple gesture, but it's full of love, protection, and faith.

Remember: The Sign of the Cross reminds us of Jesus' love, helps us pray, protects us, and honors the Holy Trinity. And we can make it anytime to feel close to God!

Storyboard



The Sign of the Cross: A Special Gesture

Once upon a time, in a small church, there was a boy named Alex. He loved going to church with his family. Every time they entered, Alex saw his father making a special gesture: the Sign of the Cross.

Curious, Alex asked, "Dad, why do we make the sign of the cross?" His father smiled and explained, "The Sign of the Cross reminds us of God. When we touch our forehead, we think of God the Father; when we touch our hearts, we remember Jesus," His Son, who died for us; then we touch our shoulders to remember the Holy Spirit, who is always with us.

Excited to learn, Alex practiced making the Sign of the Cross. He felt happy as he remembered how much God loved him. He even started using it at home before meals and prayers.

One day, Alex felt scared during a thunderstorm. He remembered what his father had said about the Sign of the Cross. So, he made the gesture and whispered, "In the name of the Father, and of the Son, and of the Holy Spirit."

Suddenly, he experienced a sense of peace. He knew God was with him, protecting him through the storm. From that day on, Alex made the Sign of the Cross whenever he prayed, always remembering that God was nearby.

Thus, the Sign of the Cross became a significant part of Alex's life, reminding him of God's constant love and presence.