

# How to Make the Sign of the Cross in the Armenian Church



1. Gather your first three fingers: (thumb, index, and middle) symbolize the Holy Trinity: the Father, the Son, and the Holy Spirit.
2. The two pressed-down fingers: (ring and pinky) represent that Christ is both 100% God and 100% human.
3. The movement from left to right: signifies Christ moving mankind from being lost (the left side) to a state of salvation and heavenly grace (the right side).



**Touch your forehead as you say:**

In the name of the Father  
Ha-noon Hor  
Յանուն Հօր



**Touch your belly as you say:**

and of the Son  
yev Vort-vo  
Եւ Որդւոյ



**Touch your left shoulder as you say:**

and of the Holy  
yev Hok-vooyñ  
Եւ Հօգւոյն



**Touch your right shoulder as you say:**

Spirit.  
Sur-poh.  
Սրբոյ:



**Touch your chest as you say:**

Amen.  
A-men.  
Ամէն: