

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-vooyn
Եւ Հօգւոյն

Touch your right shoulder as you say:

Spirit.
Sur-poh.
Սրբոյ:

Touch your chest as you say:

Amen.
A-men.
Ամէն: