

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-vooyin

Եւ Հօգւոյն

Touch your right shoulder as you say:

Spirit.

Sur-poh.

Սրբոյ:

Touch your chest as you say:

Amen.

A-men.

Ամէն:

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

Spirit.
Sur-poh.
Սրբոյ:

**Touch your chest
as you say:**

Amen.
A-men.
Ամէն: