

## DEAR DEACON BULLETIN INSERT

### ❖ Dear Deacon Jim,

*Is there a prayer you are supposed to say at the Gospel? Some people make the sign of the cross 3 times.*

### ❖ Response

In addressing your question of making the sign of the cross at the Gospel, the answer can be found in the rubrics (the red color instructions) in the Roman Missal which is the large book that guides our liturgical worship. The rubrics instruct us that we are to make the sign of the Cross using our thumb on our **forehead, lips, and heart** just before the reading of the Gospel. This gesture contains much symbolism.

While making this gesture of signing ourselves with the Cross one should also interiorly say a brief prayer **"May the Lord be in my mind, on my lips, and in my heart."** It is said before the reading of the Gospel as a way of prayerfully inviting Christ to come to us as His sacred Word is proclaimed. The hearing of the Gospel should change our minds, it must be proclaimed by our lips, and it must affect our hearts. By heart, we especially mean our will, affections, emotions, and passions.

So, by making this gesture of tracing the sign of the cross and the interior brief prayer before the Gospel we are opening ourselves up to the words of Jesus Christ.

*Deacon Jim*