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THE CROSS

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THE SIGN OF THE CROSS

Faith and Tradition Series

THE SIGN OF THE CROSS
Faith and Tradition Series
English

by
Moran Mor Athanasius Yohan Metropolitan

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Table of Contents

Preface	7
Introduction	9
1. The Meaning of the Cross	13
2. What is the Sign of the Cross?	17
3. Biblical and Historical Background	19
4. The Benefit of the Sign of the Cross	21
5. How We Make the Sign of the Cross	27
Appendix	31
Notes	34

Preface

*In the name of the Father, the Son
and the Holy Spirit ✠*

*O*ur faith and tradition are the two major factors that define our identity in Christian living. Faith stands for what we believe as a church and tradition denotes how we live according to our faith.

As a church, the faith of Believers Eastern Church is deeply rooted in the Holy Bible, which is the foundation of our life and spirituality. Our tradition is the practices of what the apostles, the composers of the New Testament showed and later was perfected by the vision of the early church fathers.

My hope is that the 'Faith and Tradition' series will bring renewal and life to our

The Sign of the Cross

Christian life and our church, to know Jesus,
who gave His life and loved us, more intimately.

✠ The blessings of the Triune God be with
you all forever.

Synod Secretariat
15 October 2015

✠ Moran Mor Athanasius Yohan
Metropolitan

Introduction

When I was a little boy, my parents taught me to make the sign of the cross during our church services and at home when we gathered for the daily family prayer. But in retrospect, I realise that while I did it respectfully, only much later did I become aware of its true significance.

Some have questions. Why do we do it? What is the meaning of it? How does one make the sign of the cross? In this booklet, we will seek to answer some of these questions.

The orthodox faith of the early church embraced the cross as the symbol of the Christian faith. Making the sign of the cross is a godly, visible action that symbolises the greatest event in the history—the death of Christ on the Cross, His burial and resurrection.

C. S. Lewis, one of the greatest Christian thinkers of the twentieth century was once an atheist,

The Sign of the Cross

but became a devoted follower of Christ. In his timeless classic “The Chronicles of Narnia”, he used Aslan the lion, who represents Christ, to describe to children the shadow lands we live in and how we may stay spiritually alive:

“But, first, remember, remember, remember the signs. Say them to yourself when you wake in the morning and when you lie down at night, and when you woke in the middle of the night. And whatever strange things may happen to you, let nothing turn your mind from following the signs. And secondly, I give you a warning.

Here on the mountain I have spoken to you clearly, I will not often do so down in Narnia. Here on the mountain, the air is clear and your mind is clear; as you drop down into Narnia the air will thicken. Take great care that it does not confuse your mind and the signs which you have learned here will not look at all as you expected them to look, when you meet them there. That is why it is so important to know them by heart and pay no attention to the appearance. Remember the signs and believe in signs nothing else matters.”¹

We as humans use, and often need, visible symbols to communicate our thoughts and intentions

The Sign of the Cross

with clarity, such as shaking hands, folding hands together to say *Namaste* (respectful form of greeting) and so on.

“The heavens declare the glory of God; the skies proclaim the work of his hands.”²

When we look at the sun, moon, stars, and the creation, these visible elements speaks of the Creator who made it. We “see through” these “invisible, eternal truth.” So it is, when we make the sign of the cross with true understanding of what it means; it has much spiritual impact on our lives.

It is my great desire that you feel the positive impact of accepting all that the sign of the cross offers in your life. The insights and information in this booklet, if you take it into your heart and your life, will help you find path of life.

1

The Meaning of the Cross

“May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world.”¹

- The Apostle Paul

In the history of the world, there is one event that stands above all others. One event has impacted all of mankind, all of creation and all the world to come.

Two thousand years ago, the Son of God, Jesus Christ, gave His life for the sins of the world when He was crucified on a wooden cross outside of Jerusalem. The cross was made of two pieces of wood; one longer vertical piece, and another shorter, horizontal piece. Jesus was nailed to it by His hands and feet as He offered Himself as a sacrifice for our sins, offering salvation to all humanity. God gave Himself as the sacrifice for our sins.

The Sign of the Cross

To the Apostle Paul, it was so important that he would not preach anything but “Jesus Christ crucified.”² St Paul understood that the entire Bible revolved around the Cross of Christ. All of the Old Testament points to Jesus; the Gospels show us Jesus; and the rest of the New Testament shows us how His sacrifice changed the world. It ends with people from every tribe, tongue and nation around God’s throne. Through His coming, we also see the Holy Trinity revealed: the Father, the Son and the Holy Spirit.

In the Old Testament, whenever sinful man wanted to approach God, the sacrifice of innocent animals was required, for “without the shedding of blood there is no forgiveness.”⁵ When God established Israel as a nation, their worship centered on people bringing animal sacrifices to the temple of Jerusalem.

The central event of the Old Testament was the Passover, and it pointed to Jesus’ crucifixion. This event shaped much of Israel’s culture and their relationship with God. When God delivered the Israelites from slavery in Egypt, He sent a destroying angel who killed the firstborn in every home of Egypt. However, anyone who had the sign with the *blood of a lamb* upon their

The Sign of the Cross

doorpost was “passed over” by angel.³ The blood protected them. The Passover Lamb delivered them from physical slavery and death, but Jesus, the Lamb of God, will deliver us from spiritual slavery and death.

Before Jesus started His ministry, there was John the Baptist. John’s mission was to prepare Israel for Jesus’ coming, and when He saw Jesus, he said, “Look, the Lamb of God, who takes away the sin of the world!”⁴ Jesus was the sacrifice that God provided for our sins, and Jesus offered Himself as that sacrifice on the cross. Unlike the Old Testament sacrifices, which only *covered* sin, Jesus’ sacrifice *cleanses* us from all our sin, giving us forgiveness and victory over sin. The sign of the cross is a tangible reminder of the sacrifice Christ made on the cross for the forgiveness for our sins.

The sign they made with the blood of the sacrificial lamb was the picture of the ultimate sacrifice of Christ on the cross, shedding His blood. When we make the sign of the cross on us, we are in fact declaring by faith and appropriating what Jesus did for us on the cross.

The cross is the focus of eternity as Jesus is described as “the Lamb who was slain from the

The Sign of the Cross

creation of the world”⁵ and will be at the right hand of God the Father as a “Lamb looking as if it had been slain”⁶ throughout eternity. Because of His sacrifice, we will spend eternity with God, singing His praises.

All that Jesus accomplished by sacrificing Himself on the cross: the forgiveness of sin, victory over death, defeat of Satan and his demons, victory over sin and so many other blessings... all of them can be ours today through faith. However, we need to use our faith to see those promises realised in our lives. Making the sign of the cross is a way of using our faith to see how all that Jesus accomplished impacts our lives today.

2

What is the Sign of the Cross?

“Do you not know what great result the cross has achieved? It has abolished death, has extinguished sin, has made Hades useless, has undone the power of the devil. It has raised the whole world, and do you not take courage in it?”¹

- St John Chrysostom

The sign of the cross is a prayer and declaration that we make when we trace the cross on our upper bodies. When we make the sign of the cross, we trace with our right hand a path reminiscent of the cross upon which Jesus died. Thus, when completed, the motion of our hand makes a cross.

The sign of the cross is primarily a prayer. We often pray with our words, but this simple symbol allows us to encapsulate the spirit of our prayers with a gesture. The power of this prayer comes not from the physical symbol that we make but our faith, which is rooted

The Sign of the Cross

in acknowledging what Jesus did on the Cross of Calvary. We are claiming and declaring the power of the cross in our lives, right now. Through faith we make visible the invisible power of the cross.

The simplest prayer expressed when making the sign of the cross is: “Jesus, the Son of God, came down from heaven to the earth for us sinners, and He took us who were on the left to the right.” (In the Bible, the right hand of God indicates God’s favour, blessings and being right with God). By making the sign of the cross, we say that we are also at the right hand of God through His grace and not our actions. The work of salvation is not just a one-time event in our lives. We are transformed by faith throughout our entire salvation experience.

Because the cross and the Trinity are unique to Christianity, the sign of the cross is also associated with the Trinity. Jesus told us, when we pray we must ask in His name.² When we make the sign of the cross, we honour the Holy Trinity as we identify which God we are praying to – the only One who gave Himself on the cross for our sins.

3

Biblical and Historical Background

“Go throughout the city of Jerusalem and put a mark [cross] on the foreheads of those who grieve and lament over all the detestable things that are done in it.”¹

There was no visible symbol that the earliest Christians could use to indicate that they were Christians. The cross quickly became that symbol.

In the Old Testament book of Ezekiel, God told the prophet, “Go throughout the city of Jerusalem and put a mark on the foreheads of those who grieve and lament over all the detestable things that are done in it.”²

The word for ‘mark’ is the word *Taw*, the last letter of the Hebrew alphabet. This letter *Taw* is in the shape of a cross. All those who had this mark were saved from the destruction that was

The Sign of the Cross

coming to Jerusalem, just as those who share in Christ's sacrifice on the cross through faith are saved from God's judgment.

According to some oral traditions handed down to us from the first century, Christians (possibly while St Paul and St Peter were still alive) began to make the sign of the cross on their foreheads as a prayer and a symbol of their faith. By AD 200, its use was a regular part of the Christian faith throughout the church. By the fourth century, the sign of the cross began to involve more extensive signing, similar to what we do today.

It is still common practice to make the sign of the cross on people's forehead, for instance when priests anoint people with oil. In churches that still remember Ash Wednesday and use ashes, priests will make the sign of the cross with ash as a sign of humility.

4

The Benefit of the Sign of the Cross

“Let us not be ashamed to confess the Crucified. Be the cross our seal made with boldness by fingers on our brow, and on everything... it is without price since also its grace is from God. It is the sign of the faithful, and the dread of devils.”¹

- St Cyril of Jerusalem

When we make the sign of the cross, we are able to accomplish several acts of faith all at once; we are praying, we are humbling ourselves, we are ‘activating’ our faith in Christ, and most importantly, we are acknowledging the finished work of God through Jesus Christ’s death and resurrection. Above all, we express our desire for the holiness of our God.

The power of the sign of the cross lies in what Christ accomplished on the Cross of Calvary

The Sign of the Cross

two thousand years ago. We are saved by Jesus' sacrifice on the Cross. But Christ's sacrifice also gives us a continuous source of blessing, healing, sanctification and fellowship with God.

We often close prayers with the words 'In Jesus' name' because Jesus said, "Very truly I tell you, my Father will give you whatever you ask in my name."²² In the same way, the sign of the cross connects our prayer and worship with Christ's finished work, showing that we are placing our faith in His promise and not our own righteousness.

The sign of the cross is a form of blessing. God "has blessed us in the heavenly realms with every spiritual blessing in Christ."²³ The blessings are already ours because of Christ's death, resurrection and ascension, but we experience them when we exercise our faith in Christ's victory.

The clergy presiding over a worship service will make the sign of the cross when pronouncing a blessing. This is because his authority to do so is not founded upon his spirituality but in the finished work of Christ. He blesses the people on behalf of God, as Christ's representative. The clergy makes the sign of the cross three

The Sign of the Cross

times, referring to the three persons of the Holy Trinity.

We make the sign of the cross when the clergy pronounces the blessing as a sign of our receiving the blessing by our faith in Christ. Every believer can make the sign of the cross when blessing someone or something, or while praying for someone.

The early fathers of the church told us that Christians made the sign of the cross all the time to bring God's blessings in their lives. Making the sign of the cross can become a way to the scripture that says, "In all your ways submit to Him, and He will make your paths straight."⁴

*When praying for someone or something under the power of demonic spirits, use the sign of the cross. It is a powerful tool in spiritual warfare because demons hate the cross; for it was on the cross that they were put to shame by Jesus.*⁵

When coming before the Lord for worship or personal prayer, make the sign of the cross to *renew your baptismal vows*. During your vows, you stated your rejection of Satan and your belief in Christ, thus professing your faith.

Use the sign of the cross *as an act of consecrating your life* to Christ as you remember that He

The Sign of the Cross

redeemed you through His shed blood on the cross.⁶

Use it to *humble yourself* as you remember that it was your sin for which He died.⁷

When you struggle to be obedient, *strengthen your faith* by using the sign of the cross to remember that according to God's Word, you are already 'crucified with Christ.'⁸ You were sealed by His Spirit and are a slave to righteousness and not sin because of sharing in Christ's death and resurrection.⁹ It is the power of the cross that gives us victory over sin.

Making the sign of the cross also *professes to the world that we are Christians* and belong to Christ. We are told not be ashamed of Christ before this unbelieving world.¹⁰

In public, when we make the sign of the cross we are proclaiming that we are followers of Christ and we are not ahead of Him. In Myanmar, Believers Eastern Church has a nationally recognised football team. Once, their national game was telecast all over the world, and our team came second in the nation. When our players stepped onto the field, they knelt in circle, prayed and made the sign of the cross on themselves. I found it so beautiful and bold that

The Sign of the Cross

they found the courage to be Christ's witnesses by their action.

Lastly, you can make the sign of the cross as a mini-creed. It is often made when acknowledging the Trinity: the Father, the Son and the Holy Spirit, at the beginning and end of prayer times or other acts of worship. It is also made during the celebration of the Holy Communion or at any time you want to show respect to the Lord. By making this sacred sign, we clearly identify that it is to this Triune God revealed by Jesus and in the Holy Scripture—and to Him alone that we pray.

5

How We Make the Sign of the Cross

“As soon as you get out of bed in the morning, you should bless yourself with the sign of the Holy Cross and say, ‘May the will of God, the Father, the Son and the Holy Spirit be done! Amen.’”¹

- Martin Luther

1. *W*hen you make the sign of the cross, raise your right hand. Touch the tip of your thumb to that of your index and middle fingers. Keep your ring and little finger flat against your palm. The three fingers joined at the tip are symbols of the Trinity, and the two fingers descending to your palm represent the dual nature of Jesus as God and man.

The Sign of the Cross

2. Bow your head slightly as you touch your forehead with the three fingers joined at the tip indicating the Holy Trinity. Move your hand down to touch your chest, making the lower point of the cross. To make the horizontal axis of the cross, touch first left shoulder and then the right. Make sure you actually touch your shoulders. Touching each point of the cross calls to mind the piercing of Christ's hands, the crown of thorns Christ wore on His head and the nails in His feet. Move the hand from the left shoulder to the right, to indicate that through the sacrifice of Christ on the cross, we are transferred from the left side of judgement of God to the blessed and favored right side of God.²
3. Like anything we do that is sacred, don't rush making the sign of the cross. Pause; make the sign of the cross gently and slowly with reverence. Remember, you are doing it before God, a sign for Him to see and accept. You need to use your mind to dwell on the aspect of Christ's victory that you are claiming through your faith at that time.
4. Do not make the sign of the cross casually or as a joke. It should only be made with

The Sign of the Cross

reverence and with the right intentions. Making the sign of the cross irreverently is similar to taking the Lord's name in vain and by doing so, we make light of Christ's death on the Cross.

5. Start and end your personal devotional time or family prayer time with the sign of the cross, as an act of acknowledging God. Though we seek to pray without ceasing, making the sign of the cross at these times helps signify that it is a special time set apart for meeting with God.
6. Make the sign of the cross at the end of prayers, just as we end prayers with the phrase 'In Jesus' name.' By doing so, you acknowledge that you are coming to God on the merit of Christ's righteousness and not your own, sealing your prayers in Him. When ending prayers this way, say these words: 'In the name of the Father, the Son, and the Holy Spirit.' By doing this, you honour the Triune God and acknowledge Him as the true and living God.
7. Make the sign of the cross when acknowledging your own sinfulness to God. It is the Cross that saved you from your sins.

The Sign of the Cross

8. Whenever you enter a church, pause reverently for a moment at the door and make the sign of the cross to acknowledge the Lord's presence and your reverence for Him.
9. When you wake up in the morning, start your day on your knees at your bedside and make the sign of the cross. Commit your day to Him and pray the Lord's Prayer. Make the sign of the cross as the last act you do before going to sleep. This way, you express that your whole life belongs to God.
10. Make the sign of the cross whenever you are asking for God's blessings. This can be when you pray over your children, someone who is sick, when you drive somewhere, starting a journey or in any situation where you are concerned for your safety. This is most often practiced before eating our meals as we take time to thank God for His grace in providing for us.

Appendix

Bible Verses

The Passover

Exodus 12:1–30, Leviticus 23:4–8, Numbers 28:16–25.

The Last Supper

St Matthew 26:17–30, St Mark 14:12–26, St Luke 22:7–38, 1 Corinthians 11:23–26

Jesus's suffering and crucifixion

Psalm 22:1–21, Isaiah 53, St Mark 8:31–33, St Mark 9:30–32, St Mark 10:32–34, St Mark 14:32–15:32, St Matthew 27:33–44, St Luke 23:33–43, St John 19:17–24

Sacrifice in the Old and New Testament

Genesis 2 (especially vs. 21), Genesis 8:15–22, Genesis 22:1–18, Exodus 29:1–43, Leviticus 1, Hebrews 9:11–14, 19–28, Hebrews 9:22. Hebrews 10:1–18, 1 Peter 1:18–21

The Sign of the Cross

The Lamb of God in Revelation

Revelation 5:1–14, Revelation 7:9–17, Revelation: 21:22–27

The Power of the Cross

It's important for us to understand what Jesus has done for us through His death on the cross. Jesus died for the sin of the whole world (1 John 2:2) but unless we use our faith to believe that the sacrifice was made for us, it has no power in our lives. If you want to see the power of the cross in your life, meditate on the verses listed below and let what Christ has done for you sink into your heart.

The Bible tells us much of what Jesus accomplished by dying on the cross:

- Saved us from our sins—1 Peter 2:24, Hebrews 9:28, Isaiah 53:6.
- Gave us power to overcome sin—1 Peter 2:24, Romans 6:2–7.
- Enabled us to live for righteousness—1 Peter 2:24.
- Broke the power of the devil—Hebrews 2:14, 1 John 3:8.
- Disarmed the powers of darkness and made a spectacle of them—Colossians 2:15.

The Sign of the Cross

- Conquered death—Hebrews 2:15, 1 Corinthians 15:54–57, 2 Timothy 1:10.
- Secured for us a heavenly inheritance—Hebrews 9:15.
- Brought us healing—1 Peter 2:24, Isaiah 53:5.
- Revealed God’s wisdom—1 Corinthians 1:24.
- Freed us from the power of the world—Galatians 6:14.
- Gave us access to every spiritual blessing—Ephesians 1:3.

Notes

Introduction

1. Excerpts from *The Chronicles of Narnia*, C. S. Lewis, *The Silver Chair* (New York: Harper Collins Publication Ltd., 1942), Chapter 2.
2. Psalms 19:1.

Chapter 1

1. Galatians 6:14.
2. 1 Corinthians 1:23.
3. Hebrews 9:22.
4. cf. Exodus 12:1–30.
5. St John 1:29.
6. cf. Revelation 13:8.
7. cf. Revelation 5:6.

Chapter 2

1. Philip Schaff (ed.), *The Complete Ante-Nicene and Nicene and Post Nicene Church Fathers Collection, First Series, St John Chrysostom: On the Instructions to Catechumens*, language modernized by Brian. (Catholic Way Publishing, 2014).
2. St John 16:23–27.

Chapter 3

1. Ezekiel 9:4.
2. Ibid.

Chapter 4

1. Philip Schaff (ed.), *The Complete Ante-Nicene and Nicene and Post Nicene Church Fathers Collection, Series 2 Vol 7: Cyril of Jerusalem: Catechetical Lecture 13, Ch. 36* (Catholic Way Publishing, 2014).
2. St John 16:23.
3. Ephesians 1:3.
4. Proverbs 3:6.
5. Colossians 2:13–15.
6. 1 Corinthians 6:19–20.
7. 1 Corinthians 15:3.
8. Galatians 2:20.
9. Romans 6:17–22.
10. St Mark 3:38.

Chapter 5

1. Martin Luther, *Luther's Little Instruction Book (The Small Catechism of Martin Luther)*, Translated by Robert E. Smith (Project Wittenberg:Indiana,1994).
2. St Matthew 25:31-46.



BELIEVERS EASTERN CHURCH

Believers Eastern Church has its faith and practices rooted in God's Word, the apostolic doctrines, the Nicene Creed, and holy traditions of the ancient church. We are thoroughly evangelical in nature, eastern in worship, democratic in function and episcopal in governance.

Our church represents more than three hundred languages, ministering inter-culturally, near-culturally and cross-culturally. We represent the orthodox faith in a relevant way, never compromising with the culture, but actively bringing Christ's love to all of humanity in word and deed, regardless of caste, creed or religion.

We follow the liturgical tradition of worship established by the Church Fathers, with Holy Communion as the central rite of regular worship. Worship should be Spirit-filled and personal. Simultaneously, the Spirit breathes life into the rites of community worship and unites us to worship Jesus as one Body. Believers Eastern Church believes that the sacraments are a means to receiving grace and are essential to the spiritual growth of God's people.

We are episcopal in governance, which means we affirm the ancient and traditional form of church leadership of episcopas, priests (presbyters) and deacons as demonstrated in the Book of Acts and brought to maturity by the church fathers.

FAITH AND TRADITION SERIES

Believers Eastern Church

A Journey with Jesus to the Cross

Season of Lent is a journey to spiritual growth, renewal and an opportunity to know the Lord Jesus more intimately and closely. We must hear the Lord speaking to us all along the way as the journey continues so that our heart-attitude will become more like His. The way to attain this is by deliberately choosing an attitude of confession, denying of self, fasting, meditation, prayer and supplication. And, the life is enriched with humility of Christ and service to others. This daily devotional will do just that: bringing the focus upon Jesus and enabling spiritual renewal in our walk with the Lord.



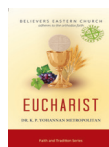
Price Rs. 140

Eucharist

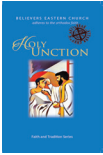
Eucharist is one of the Sacraments of the Holy church that the Lord Jesus told us to do.

Of the many sacraments of the Holy church, the sacrament of Eucharist is the most important. Known as the crown of sacraments, Holy Communion is one of the holy mysteries of the apostolic church, which was instituted by our Lord Jesus Christ.

In this booklet, we will explain this unexplainable and awesome mystery to the extent that we can understand it.



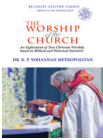
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Price Rs. 30

Holy Unction

There are times in our life when we need God's help desperately. The Holy Unction is one of the sacraments meant to meet our needs during times of sickness, to bring hope and healing for body, soul and spirit through prayer and through anointing with holy oil.



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The Worship of the Church

The break-up of the church is one of the darker aspects of the Protestant Reformation during 1500 under Martin Luther of Germany. Now there are forty-two thousand denominations, each of which claims to be the true and authentic church in their faith and practice!

In this brief booklet, the author tries to help the reader travel back in time to the first five hundred years of the early orthodox faith of the church, to help us answer questions about a crisis of the modern-day church. The booklet explores how man has become the centre of worship instead of God, who should be the audience in our worship, and the follies of this new way.



Price Rs. 40

Hours of Prayer

The faith and holy traditions of the Believers Eastern Church go back to the directions and rituals that the Apostles handed down to the church fathers, and the church fathers to us.

The Hours of Prayer is one of the most significant aspects of the personal and co-operative spiritual lives of the people of God. This booklet explains the significance of the Hours of Prayer and how we can become part of this beautiful journey year after year.

Thablitha

The symbols and godly traditions of our Holy Faith help us to retain our identity, which is based on the One Holy church.

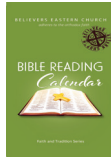
The Thablitha is an important symbol and component of the celebration of the Eucharist, which speaks of the Cross of Christ and His eternal sacrifice for our redemption.



Price Rs. 20

Bible Reading Calendar

Reading and meditating on God's Word is like oxygen for our spiritual life. Accordingly, this must become a daily habit for each individual and family. This Bible Reading Calendar will help you read through the entire Bible in a year, and be your guide on your journey through the seasons of the church year.



Price Rs. 20

The Seasons of Lent

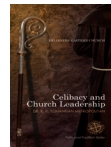
What is Lent? Why does the church observe Lent? How do we benefit by adhering to the Lenten faith? Are there practical guidelines for observing Lent? Questions like these and many more, find their answers in this booklet.



Price Rs. 40

Celibacy and Church Leadership

Why some Eastern Churches mandate celibacy for their bishops? It is a reasonable question to ask since 'Believers Eastern church' adheres to the Eastern 'lineage of the church', and in most of these churches, bishops are required to be celibate (that is, they don't marry). Another question is regarding the official ceremonial outfit that bishops wore, specifically the skull cap or masanapsa. Is it connected to this mandate of celibacy? What does the Bible say about bishops' celibacy? Is there a holy tradition of the church to support this view?



Price Rs. 40



Price Rs. 80

The Plumb Line

Our faith is based solely on the Word of God. While the Nicene Creed is not part of the Holy Bible. Its importance is second only to that of the Holy Bible itself. Every believer should endeavour to be able to recite it from memory. The Nicene Creed is a short and condensed one-page version of the Holy Scriptures. This creed contains the non-negotiable fundamental truths and doctrines of the bible, and it covers God's revelation from eternity past to eternity future. This book gives a brief explanation of the importance of the Nicene Creed and the meaning behind each its statements. It is important to understand the background and uniqueness of this creed for the sake of our faith, both individually and as a body of believers.



Price Rs. 70

Believers Eastern Church

We live in a synthetic world of make-believe and pretense. We long for reality, but lack of authentic information often leaves us confused. With tens of thousands of Christian denominations, one wonders which one is authentic and represents the truth that we all seek. Is there a plumb line, a touchstone that will help us find what is real?

The author of this booklet believes that there is an answer to our dilemma. He explains where we may find guidance, and why that guidance is sure and true.