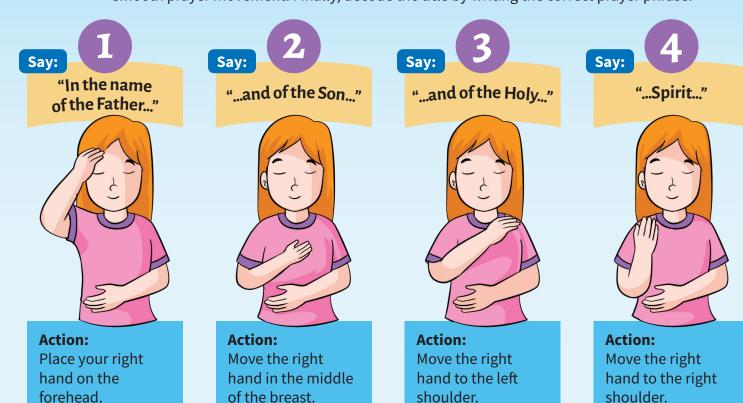
Sacramental Preps Worksheet #1

Decode the Sacred Action: Sig + Noft + Hec + Ross

Instructions: Check the box(es) after you tried the specific action yourself. Then, try the actions 1 to 5 with the accompanying words in one smooth prayer movement. Finally, decode the title by writing the correct prayer phrase.





Move the right

shoulder.

hand to the right

Decode the Title

(What does the phrase say?)

