**Cross Train Your Faith**

**DID YOU KNOW - *Amen***is a word that came to English from Latin, which got it from Greek, which got it from Aramaic, which got it from Hebrew (technically, Aramaic may have had it anyway, before it became the standard language of the Jewish people a few centuries before the time of Christ).

It is difficult to translate this word directly, which is why many other languages have borrowed it as is.

This powerful word comes from the Hebrew root אמן (a-m-n) that is also related to the word word אמונה (emunah) which means “faith”.

Pronounced Ahmen, Aymen, Amen or Amin, it is a word which is used in Judaism, Christianity, and Islam, as well as by Buddhists and Hindus as an ending word for prayers and hymns. Some Muslims say "Ameen".

Amen was originally the name of a minor Pagan Egyptian god (also called Amon, Amun, Ammon and Amounra). Around 1500 BC he had been elevated to the national god of Southern Egypt called Amen-Ra after the sun-god Ra. The Jews had been in Egypt for around 400 years beginning in 1847 B. C., so by the time of the Jewish Exodus from Egypt in 1447 B.C., the word Amen would certainly be in their language even if it was not their god.

Amen was seen as a powerful god and the name continued, out of context, as an exclamation or salutation; a classic example of language evolution. From them the word was adopted by Christians, Muslims and others. Many Pagans today prefer not to use the word, but instead say "So mote it be", an old Anglo-Saxon term.

When one says "amen" in response to a prayer, it serves as an affirmation of agreement with the content of the prayer (cf. 1 Cor 14:16)—in which case it is sometimes translated "So be it" (cf. CCC 2856)—or as an expression of faith that God will hear and act on the prayer.

In the closing part of Handel's Messiah 'Worthy is the Lamb'2. The Ahh-men in the final chorus is repeated dozens of times, runs to six pages in a typical choral score, and usually takes around 3 minutes 40 seconds to sing.