

On the Christoffel symbols

$$\Gamma_{ij}^k = \frac{1}{2}g^{kl}(g_{il|j} + g_{jl|i} + g_{ij|l}), \quad (1)$$

Proof.

$$g_{il|j} = \Gamma_{ij}^k g_{kl} + \Gamma_{lj}^k g_{ik}$$

$$g_{jl|i} = \Gamma_{ji}^k g_{kl} + \Gamma_{li}^k g_{jk}$$

$$g_{ij|l} = \Gamma_{il}^k g_{kj} + \Gamma_{jl}^k g_{ik}$$

Multiplication by g^{kl} yields

$$g^{kl}g_{il|j} = \Gamma_{ij}^k + g^{kl}\Gamma_{lj}^k g_{ik}$$

$$g^{kl}g_{jl|i} = \Gamma_{ji}^k + g^{kl}\Gamma_{li}^k g_{jk}$$

Addition yields because of symmetry

$$2\Gamma_{ij}^k = g^{kl}\left[g_{il|j} + g_{jl|i} + \Gamma_{lj}^k g_{ik} + \Gamma_{li}^k g_{jk}\right]$$

$$\Gamma_{lj}^k g_{ik} + \Gamma_{li}^k g_{jk} = \Gamma_{li}^k g_{kj} + \Gamma_{jl}^k g_{ik} = g_{ij|l}$$