

Memory Verse Hand Motions

BONUS SONG

Psalm 46:1

* On "1," palms together at your chest, elbows out. Hands are making a "1."

God is our

* Point up for "God," then thumbs point to self for "our."

refuge and strength,

* Step back, cross hands over heart for "refuge," then punch forward for "strength."

[echo] refuge and strength

* Fists clasped yell "refuge and strength" while punching the air above your head.

an ever-present help

* Open hands make a big circle up around and down showing "ever-present."

in trouble.

* Flat hands almost karate style in front of face. With palms down and thumbs in tight to the hand, the right hand comes from in front of forehead and moves down in front of chin on "trou-." Then left does the same thing. Moves down from in front of forehead to in front of chin on "-ble." This is actually the sign language word for "trouble."