

Here are descriptions of the motions that go along with the *Remember Verses*.



## Weeks 1-2

Romans 15:13a (NLT)

<b>“I pray</b>	Clasp hands in prayer
<b>that God, the source of hope,</b>	Point upward
<b>will fill you completely</b>	Rain hands downward
<b>with joy</b>	Jump up
<b>and peace</b>	Hold up a peace sign
<b>because you trust in him.”</b>	Hug yourself and sway slightly
<b>Romans</b>	Open hands to make a book
<b>15:</b>	Hold up 1 finger on the left hand and 5 fingers on the right hand
<b>13a</b>	Hold up 1 finger on the left hand and 3 fingers on the right hand

## Weeks 3-6

### 2 Corinthians 5:17 (NLT)

<b>“This means that anyone</b>	Spread arms outward
<b>who belongs</b>	Hug self
<b>to Christ</b>	Sign language for “Jesus”
<b>has become a new person.</b>	Stretch left arm from side to side to make a rainbow
<b>The old life is gone;</b>	Jump 180 degrees so you’re facing backwards
<b>a new life has begun!”</b>	Jump back to the front and raise hands
<b>2 Corinthians</b>	Hold up 2 fingers
<b>5:</b>	Hold up 5 fingers
<b>17</b>	Hold up 10 fingers and then 7 fingers



## Weeks 7-10

Psalm 147:5 (NIV)

<b>“Great is our Lord</b>	Give a thumbs-up sign on both hands
<b>and mighty in power;</b>	Put left hand on left hip. Extend right arm up in the air.
<b>his understanding</b>	Point to head
<b>has no limit.”</b>	Cross arms and then spread them out like an umpire’s “safe” signal
<b>Psalm 147:</b>	Open hands to make a book
<b>5</b>	Pop right hand in the air like a high-five

## Weeks 11-15

### Ephesians 3:20 (NirV)

<b>“God</b>	Point upward
<b>is able to do</b>	Roll arms in circles in front of chest
<b>far more</b>	Reach to sides as far as you can stretch
<b>than we could ever ask for or imagine.</b>	Cup hands together as if receiving something
<b>He does everything by his</b>	Using right hand, draw a very large circle around self 2 times
<b>power</b>	Put arms up in a strong arm pose
<b>that is working in us.”</b>	Rain hands downward
<b>Ephesians</b>	Open hands to make a book
<b>3:</b>	Hold up 3 fingers
<b>20</b>	Hold up 2 fingers on the left hand and a zero on the right hand

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