

## **“He Has Been Good to Me” Movement Guide** **(Psalm 13:5-6)**

**MUSICAL INTRO** (Clap throughout the musical introduction.)

### **CHORUS**

**I will sing to the LORD, sing to the LORD** (Place the thumb of the right open hand on the right cheek, keeping the other fingers together and the hand angled slightly away from the face – brush the thumb against the cheek as the hand moves forward for ***I will***; slightly curve left arm with palm up – with fingers of the right hand together, pass them over the left arm with a sweep toward and away from the body through words ***sing to the LORD, sing***; make an “L” with the thumb and index finger of the right hand, and cross from the left shoulder to the right hip [like a banner] for the last ***to the LORD***.)

**For He has been good to me** (Make a fist with the right hand, extending the index finger – point up for ***For He***; cup right hand slightly and move to mouth and then out in front for ***has been good***; point to self with right index finger for ***to me***.)

**I will sing to the LORD** (Place the thumb of the right open hand on the right cheek, keeping the other fingers together and the hand angled slightly away from the face, brush the thumb against the cheek as the hand moves forward for ***I will***; slightly curve left arm with palm up – with fingers of the right hand together, pass them over the left arm with a sweep toward and away from the body for ***sing***; make an “L” with the thumb and index finger of the right hand, and cross from the left shoulder to the right hip [like a banner] for ***to the LORD***.)

**For He has been good to me** (Repeat motions as above.)

### **VERSE**

**I trust in Your unfailing love** (Hold both open hands in front of the body with the right above the left – close both hands and pull down as if grabbing a rope for ***I trust***; make fists with hands, extending thumbs and holding hands palms down – hold tips of thumbs together and move forward in two arcs for ***in Your unfailing***; cross arms in front of chest with fists closed for ***love***.)

**My heart rejoices** (Trace the shape of a heart with index fingers in front of chest for ***My heart***; make fists with both hands, but keep the pinkies up – scrape chest with the pinkies three times for ***rejoices***.)

**In Your salvation** (Hold left hand in front of the body, fingers together with the thumb across from the other fingers and a space in between them – hold all the fingers of the right hand together with the thumb behind them, and put the right fingers inside the left hand’s space for ***In***; both open hands are crossed in front of the chest with palms facing in – twist the hands and pull in opposite directions while closing each hand into a fist for ***Your salvation***.)

**In Your salvation** (Repeat motions as above.)

**(FINAL) For He has been good to me** (Make a fist with the right hand, extending the index finger – point up for ***For He***; cup right hand slightly and move to mouth and then out in front for ***has been good***; point to self with both index fingers for ***to me***.)

**SPOKEN LINE: Yeah, He has been so good!** (Make a fist with the right hand – hold hand up and nod fist forward for ***Yeah***; raise the right arm, fist, and hand, and point index finger up for ***He has been***; cup right hand slightly and move to mouth and then out in front for ***so good.***)