

“Praise the LORD” Movement Guide (Psalm 150:1-6)

MUSICAL INTRO (Move to the music and then begin clapping on the off beat when all the instruments are playing.)

VERSE

Praise God in His sanctuary (Raise hands in an arc on either side of the body until they are overhead – look up and touch palms together over the head with elbows bent.)

Praise Him in His mighty heavens (Raise hands up in front of the body, palms out, and look up – put hands, palms down, over the head and flutter fingers while moving hands apart.)

Praise Him for His acts of power (Close fists and put hands to the side of the head with elbows bent, pumping arms twice.)

For His surpassing greatness (Point up for *For His*; make fist with left hand, run open right hand, palm down over the left for *surpassing*; put hands at ear level, palms out and fingers spread – push slightly up and out twice for *greatness*.)

CHORUS

Let ev’rything that has breath... praise the LORD (Make fists with both hands – cross right hand over left and pull both hands away from each other and to each side, opening hands with palms facing up for *Let ev’rything*; hold open hands, fingers apart, palms facing the body – move away and towards the body for *that has breath...*; hold hands in the air for *praise the LORD*.)

Praise the LORD (Continue holding hands in the air for *Praise*; make an “L” with the thumb and forefinger of the right hand, and cross from the left shoulder to the right hip [like a banner] for *the LORD*.)

BRIDGE

With the sounding trumpet (Hold right hand in front of mouth and wiggle fingers.)

With the harp and lyre (Bring hands out from the body, palms facing each other – move hands and fingers as if playing a harp.)

With tambourine and dancing (Move right hand back and forth for *With tambourine*; dance in place for *and dancing*.)

Our praise is His desire (Raise hands in the air for *Our praise is His*; have hands out, palms up – curl fingers and pull in for *desire*.) [Put both hands to the right side of the face and imitate the motion of playing a flute during the ascending flute part.]

With the strings and flute (Imitate playing a stringed instrument.)

With the clash of cymbals (Fold fingers down over the palms of each hand, thumb tucked in – bring the hands up, together and out as if clashing a pair of cymbals.)

With resounding cymbals (Repeat motions as above.)

All praise to Him we raise (Raise both hands high in the air and point up index fingers on the word *Him*.)

Let ev'rything that has breath... praise the LORD (Repeat motions as above, but continue to keep hands raised on the last repetition.)