

“Be Still and Know” Movement Guide (Psalm 46:10)

MUSICAL INTRO (Snap fingers to the music.)

VERSE 1

I am loud; hear me shout (Open hands, put thumbs by ears and pull away for ***I am loud***; cup both hands around mouth for ***hear me shout***.)

To get my voice above the crowd (Make a fist with the right hand, extending the index and middle fingers, which are held apart in a “v” shape – scrape up the throat with the two fingers for ***To get my voice***; with the left hand palm down, place left arm in front of body above the right hand – point right fingers up and wiggle them for ***above the crowd***.)

So, I fear I don’t hear (Hold open hands in front of the body, palms facing toward the chest and shake them toward the body several times for ***So, I fear***; shake head for ***I don’t***; point to ears with index fingers for ***hear***.)

Even though my God is near (Point up to the right, then bring right hand down in front of the face, with palm open, facing to the left and fingers together for ***Even though my God***; hold both open hands, fingers together, thumbs up, palms facing the body with the left hand closer to the body – move the right hand toward the back of the left without touching it for ***is near***.)

And then I pray (Point to self with both index fingers for ***And then I***; put palms together with fingers extended and touching – move them in an arc, away from and then towards the body for ***pray***.)

I hear God say: (Put cupped right hand to right ear for ***I hear***; point up to the right, bring right hand down in front of the face, with palm open, facing to the left and fingers together – make a fist with the right hand, extending the index finger – put the index finger to the mouth and bring it out and up in an arc for ***God say***.)

CHORUS

“Be still and know that I am God.” (Make fists with both hands, extending the index and middle fingers – curve those fingers and pull down slightly **[quote]**; open hands, palms facing in, right hand just above and behind left – bring hands down slowly and gently for ***Be still [quiet]***; bend right hand at knuckles with fingers together and tap temple for ***and know***; point up to the right, then bring right hand down in front of the face, with palm open, facing to the left and fingers together for ***that I am God***.)

Come to Me quietly and worship (Pull hands with slightly curved palms in toward the body for ***Come to Me***; put both hands over the mouth for ***quietly***; close left hand in a fist and hold in front of the body – wrap right hand over the left fist and move in a circular motion toward the body for ***and worship***.)

Be still and know that He is God (Open hands, palms facing in, right hand just above and behind left – bring hands down slowly and gently for ***Be still [quiet]***; bend right hand at knuckles with fingers together and tap temple for ***and know***; point up to the right, then bring right hand down in front of the face, with palm open, facing to the left and fingers together for ***that He is God***.)

Come to Him and begin to worship (Pull hands with slightly curved palms in toward the body for *Come to Him*; raise hands and move them side to side for *and begin to worship*.)

WORSHIP! (Raise hands in the air and push up on both syllables of the word worship; move to music during short musical interlude.)

VERSE 2

Busy me, you can see (Hold the left hand, palm down and slightly curved – hold the right hand behind the left with palm facing out, fingers together and pointing up and thumb tucked against the palm – wiggle the right hand back and forth for *Busy me*; make a fist with the right hand, extending the index and middle fingers in a “v” shape – point to the eyes and then away from the face for *you can see*.)

That’s just how life is gonna be (Make an “L” on each hand using thumbs and index fingers, and draw the index fingers up in front of the body.)

Runnin’ ‘round, takin’ ground (Run in place, then grab with hands one right after the other while still running.)

A jumbled blur of sight and sound (Roll hands that are in fists around one another for *A jumbled blur*; point to both eyes and then to both ears for *of sight and sound*.)

I kneel to pray (Put left hand in front of body, palm up, take right hand and make a fist, extending the index and middle fingers – curve them and “kneel” the fingers on the left open hand for *I kneel*; put palms together with fingers extended and touching – move them in an arc, away from and then towards the body for *to pray*.)

I hear God say (Put cupped right hand to right ear for *I hear*; point up to the right, bring right hand down in front of the face, with palm open, facing to the left and fingers together – point the right index finger to the mouth, then move the hand and finger down, then up in an arc for *God say*.)

BRIDGE

Well, it’s okay to praise Him jumping in the air (Raise hands in the air and begin to jump on the word *jumping*.)

And it’s okay to shout to Jesus without care (Cup hands around mouth and push out slightly while looking up for *And it’s okay to shout to Jesus*; place hands with palms open, facing down – have them crossed, and then bring arms down at the same time, right to the right and left to the left for *without*; have open palms face each other with fingers held together – angle fingertips toward each other and move both hands in a circular motion for *care [worry]*.)

The Bible tells us so, but also makes it clear (Put flat palms together and then open like a book for *The Bible*; make a fist with the right hand, extending the index finger – put the index finger to the mouth and bring it out and up in an arc for *tells us so*; make fists with both hands and hold them up at either side of the face, move hands up and down one after the other, raising the index finger on each when it goes up, curving it when the fist goes back down for *but also makes it clear [understandable]*.)

Psalm forty-six, ten says (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 ***Psalm forty-six, ten***; make a fist with the right hand, extending the index finger – put the index finger to the mouth and bring it out and up in an arc for ***says***.)

TAG

I will be exalted in the nations (Point to self for ***I will be***; face palms down, keep fingers together and bend them at the knuckles – push out, move upward and push out again on both sides of the face for ***exalted***; put left hand in front of the body, open and palm down, and have right hand above in a fist with the index and middle fingers extended – make a circle above with those fingers, and then put them on the back of the left wrist for ***in the nations***.)

I will be exalted in the earth (Point to self for ***I will be***; face palms down, keep fingers together and bend them at the knuckles – push out, move upward and push out again on both sides of the face for ***exalted***; swing arms up, around and down, making a large circle for ***in the earth***.)

Give Me praise in all ways (Push both hands up and out twice for ***Give me praise***; cross hands at the front of the waist and bring them out to the sides, palms up for ***in all ways***.)

Sing and dance, but then be... (Move around to the music.)

Silent. SSSShhhhh! (Go immediately still with hands down for ***Silent***; hold right index finger to lips and say SSSShhhhh.)