

## **Lord's Prayer with actions**

**Our Father** (Make a circle around your face with your right hand.)

**Who art in heaven** (Point to heaven using your left hand.)

**Hallowed be** (Place both your hands in front of your face, palms facing out.)

**Your name** (Touch your lips with your pointer and middle finger.)

**Thy kingdom come** (Beckon with your right hand, like you are asking a friend to come with you.)

**Thy will be done** (Write in the air using your right hand.)

**On earth** (Make a circle in front of you with your left hand.)

**As it is in heaven** (Point to heaven with your right hand.)

**Give us this day** (Cup your hands together in front of your chest.)

**Our daily bread** (Hold "bread" in your left hand and slice it with your right hand, two or three times.)

**And forgive us our debts** (Lift your empty palms up.)

**As we forgive our debtors** (Flip your hands over, putting the palms down.)

**And lead us not** (Touch under your eyes with your fingers, making an arc outward.)

**Into temptation** (Put your hands over your mouth.)

**But deliver us** (Make your hands into fists and put them at your sides.)

**From evil** (Place the back of your right hand in front of your face, like you're shielding your eyes.)

**For thine is the kingdom** (Point to heaven using your left hand.)

**The power** (Make your hands into fists and lift them up.)

**And the glory** (Palms facing forward make a rainbow in front of your face)

**Forever**

**AMEN** (fold hands in prayer)

