**The Lord’s Prayer Movements**

Our Father, who art in Heaven *Looking up, raise hands to heaven – as a a child reaching for their parent.*

Hallowed be thy name. *Lower elbows, hands still raised.*

Thy Kingdom come *Right hand/arm across chest*

Thy will be done *Left hand/arm across chest.*

On earth *Left hand/arm down toward earth.*

as it is in heaven. *Right hand/arm upward pointing toward heaven.*

Give us this day, our daily bread. *Cupped hands together in front of chest, as if receiving bread*.

And forgive us our sin *Arms outward to both sides, as in a cross.*

As we forgive those who sin against us. *Palms outward, hands/arms angled*

*downward. Or grasp hands with*

*neighbors.*

Lead us not into temptation *One foot steps forward, fits clenched,*

*forearms crossed in front – as in*

*warding off the evil one!*

But deliver us from evil *Clenched fists, arms punched down*

*emphatically at sides with a foot stomp – as in standing firm!*

For thine is the kingdom *Arms and hands raised heavenward, elbows bent.*

and the power *Arms and hands raised further heavenward.*

and the glory forever *Arms fully extended toward heaven.*

Amen. *Hands come to front of chest in prayer posture.*