

“I Hide Myself in You” Movement Guide (Psalm 143:8-10)

CHORUS

Let the morning bring me word of Your unfailing love (Hold the left arm in front of the body, palm up – rest the right elbow on the left palm with the right arm down, palm up – move the right palm toward the body for **Let the morning**; hold up the index, middle and ring fingers on the right hand, putting them up to the mouth with the palm facing to the left – move out from the mouth for **bring me word**; make fists with hands, extending thumbs and holding hands palms down – hold tips of thumbs together and move forward in two arcs for **of Your unfailing**; cross arms in front of chest with fists closed for **love**.)

For I have put my trust in You (Point to self for **For I**; 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 **have put my trust**; point up with right index finger for **in You**.)

Show me the way I should go (Make a fist with the right hand, extending the index finger – place finger on open palm of the left hand, facing the left palm out – move in a circle away from and back towards the body for **Show me**; put hands a few inches apart with palms facing, and move forward together in a winding motion for **the way I should go**.)

For to You I lift up my soul (Point right index finger up for **For to You**; place both hands, palms up at about waist level – lift both hands up at the same time for **I lift up**; make a fist with the left hand, putting the index finger and thumb of the right hand together – reach down into the left fist and draw up the right hand, wiggling it as it moves up for **my soul**.)

Rescue me from my enemies (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 **Rescue me**; make fists with both hands, extending the index fingers – point the index fingers of each hand towards each other and allow them to touch – move the hands apart, then open the palms, keeping them facing each other, and push forcefully down for **from my enemies**.)

For I hide myself in You (Put right index finger to right temple and swing finger out for **For**; hide face behind both arms on the right side of the body, palms toward the head, slightly curved in for **I hide myself**; point up with both index fingers for **in You**.)

BRIDGE

Teach me to do Your will (Place hands at the level of the temples, fingers bent at the knuckles, thumb on the underside touching the other fingers – point fingers of each hand toward each other, move hands forward and back in short movements twice for **Teach me**; make fists with both hands, extending index fingers – point at temples, scoop index fingers out twice for **to do [accomplish]**; hold hands with palms up side by side in front of the chest, curve fingers in slightly and move in toward the body for **Your will**.)

For You are my God (Point up with right index finger for **For You are**; bring right hand down in front of the face, with palm open, facing to the left and fingers together for **my God**.)

May Your good Spirit lead me (Cup right hand slightly and move to mouth and then out in front for ***May Your good***; with palms facing the body, use the thumb and index finger of the right hand to grasp the left index finger – pull toward the right side while moving hands back and forth slightly for ***Spirit lead me.***)

On level ground (Place the right hand, palm down, on top of the back of the left hand for ***On***; keep both hands at the same height and move them out from each other and then back for ***level***; place both hands palms down, fingers extended down – move hands from one side to the other as the fingers wiggle for ***ground.***)