



Psalm 23 Motions

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The Lord is my shepherd	(Point toward the sky)
I shall not want	(shake head side to side like saying "No")
He makes me lie down in green pastures.	(Hands by head like sleeping)
He leads me beside still waters.	(Water movement)
He restores my soul.	(Circular motion in front of chest)
He leads me in paths of righteousness	(Hands parallel--make a "path" in front of you)
For His name's sake.	(Point toward sky)
Even though I walk through the valley	(Bend over & make a "V" toward feet)
In the shadow of death	(Hands high to one side)
I will fear no evil,	(Shake head side-to-side like saying "No")
For you are with me;	(Point toward sky)
Your rod	(Make fist with right hand like holding a stick and pushing the stick into the ground)
And your staff	(Repeat with left hand)
They comfort me	(Hug yourself)
You prepare a table before me	(Starting with hands together and moving apart, make a "table" formation—across and down)
In the presence of my enemies	(Make an "X" with arms)
You anoint my head with oil;	(Pouring motion on head)
My cup overflows.	(Make "cup" with one fist and with the other hand make a flowing motion coming from the cup)
Surely goodness	(Put one hand on shoulder)
And mercy	(Put other hand on shoulder)
Will follow me all the days of my life	(Hands out at waist with palms up, turn around in a circle slowly)
And I will dwell in the house of the LORD forever	(Hands together making a "house" above your head)