




# RECITATION WITH HAND MOTIONS

## Psalm 146:8

- (start kneeling)
- The Lord opens the eyes of the blind;
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- (eyes covered, then uncover)
- The Lord raises those who are bowed down;
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- (stand from the bowed position)
- The Lord loves the righteous.
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- (raise arms for "Lord," then hug over chest for "loves...")