
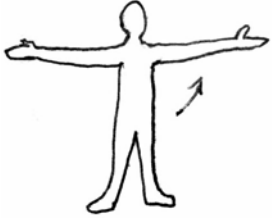




# I Will Lift Up My Hands

A Recitation with Hand Motions

**Psalm 63:4,5**

<p>Because Your lovingkindness</p> <p>(cross your arms over your heart)</p>	
<p>Is better than life,</p> <p>(hold your arms out)</p>	
<p>My lips</p> <p>(touch both hands to your lips)</p>	
<p>shall praise You...</p> <p>(hold your arms out before you, palms up)</p>	
<p>I will lift up my hands in Your name.</p> <p>(hold arms out at your sides and then lift them above you and look upward)</p>	