



**Father**

We touch the top of our head because the Father is "over all." He is the head and the source of everything.



**Son**

We move our hand down from the head to the chest to show that Jesus left Heaven and "came down" to earth to live in our hearts.



**Holy**

Shoulders represent strength (where we carry burdens). The Holy Spirit brings the "power" of God to help us carry our lives.



**Spirit**



**Amen**

Putting hands together is a sign of agreement and unity. In the Bible, saying "Amen" was how the people shouted, "Yes, we agree! It is true!"