



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!"