



**Father**

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

*Ephesians 4:6*  
*"One God and Father of all, who is **over all** and through all and in all."*



**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.

*John 6:38*  
*"For **I have come down from heaven**, not to do my own will but the will of him who sent me."*



**Holy**

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

*Acts 1:8*  
*"But you will receive **power** when the Holy Spirit has come upon you..."*



**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!"

*Chronicles 16:36*  
*"Then all the people said, 'Amen!' and praised the LORD."*