



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."