

# BOOKS OF THE BIBLE HAND MOTIONS

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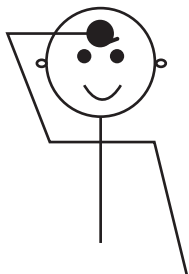
## GENESIS

Start hands together in front of face and move left arm left and right arm right to form a circle like the earth



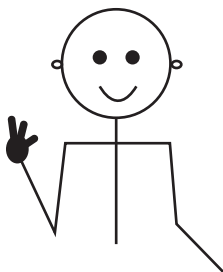
## EXODUS

Open hands as if parting the Red Sea



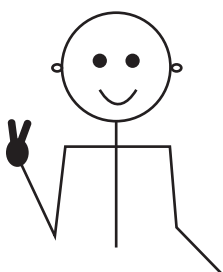
## LEVITICUS

Fist on forehead to represent the law on our minds



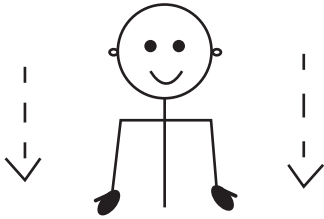
## NUMBERS

Counting to 3 on fingers



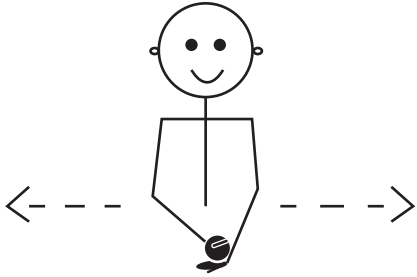
## DEUTERONOMY

Two fingers in a peace sign



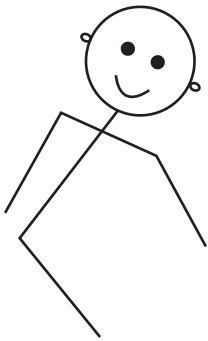
## JOSHUA

Drop hands like the walls of Jericho falling



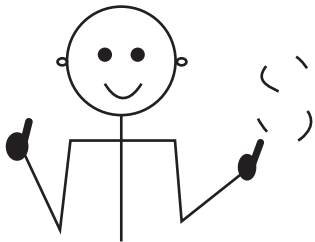
## JUDGES

Pound a fist into the other hand like a judge's gavel



## RUTH

Bend down like you're picking up a piece of wheat



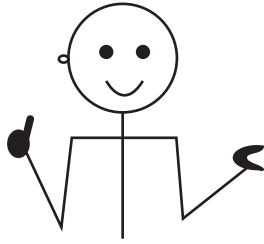
## 1 & 2 SAMUEL

Count on your fingers 1 and 2,  
then make an S with one finger in the air



## 1 & 2 KINGS

Count on your fingers 1 and 2,  
then put both hands on your head like a crown



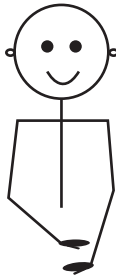
## 1 & 2 CHRONICLES

Count on your fingers 1 and 2,  
then make an C shape with your hand.



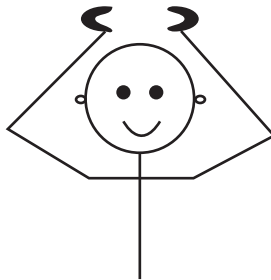
## EZRA

Wave goodbye as if leaving exile to go home



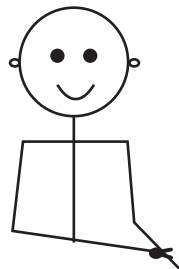
## NEHEMIAH

Stack one hand on the other as if  
stacking bricks and building a wall



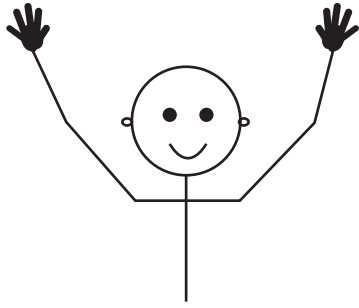
## ESTHER

Pretend you're placing a crown on your head.



## JOB

Scratch your arm



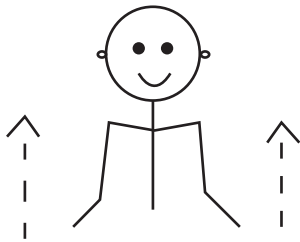
## PSALMS

Lift up your hands in praise.



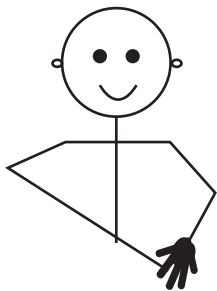
## PROVERBS

Point like a teacher.



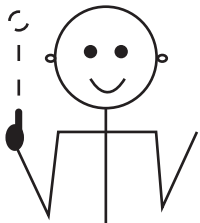
## ECCLESIASTES

Shrug, because it's all meaningless.



## SONG OF SOLOMON

Put a "wedding ring" on your finger

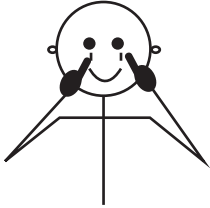


## ISAIAH

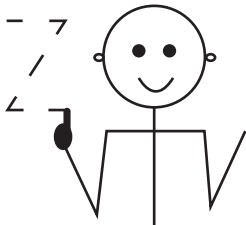
Draw a lower case "i" in the air and dot the "i"



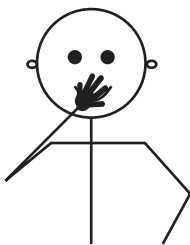
**JEREMIAH**  
Cry with one eye



**LAMENTATIONS**  
Cry with both eyes.



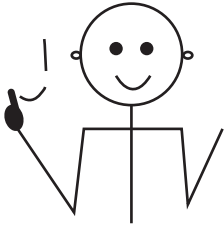
**EZEKIEL**  
Draw a “Z” in the air



**DANIEL**  
Cover your mouth like God closed the lions' mouths.

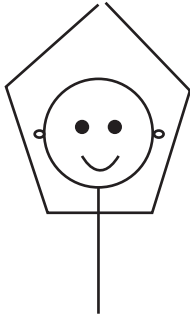


**HOSEA**  
Hands up on either side of the head like the legs of an H



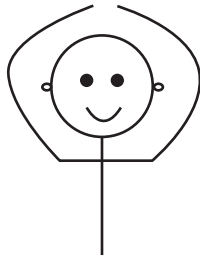
## JOEL

Draw a "J" in the air



## AMOS

Hands up in a peak like an A



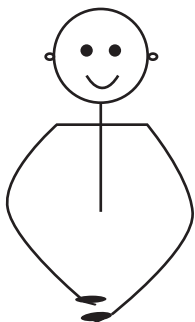
## OBADIAH

Hands over head in a circle like an O



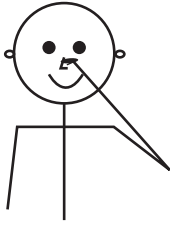
## JONAH

Hands like fish gills on the side of their face



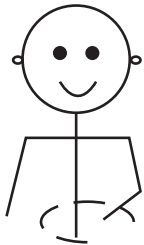
## MICAH

Rock a baby in your arms because Micah said where Jesus would be born



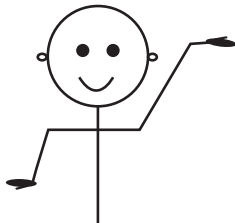
## NAHUM

Hold your nose to make the N sound in Nahum



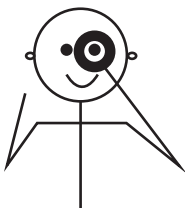
## HABAKKUK

Stir a pot in front you like you're cooking for Habbakuk



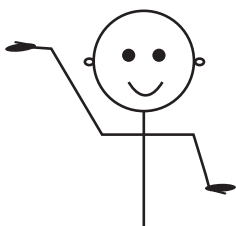
## ZEPHANIAH

Make a Z with your arms (as if walking like an Egyptian) to the left



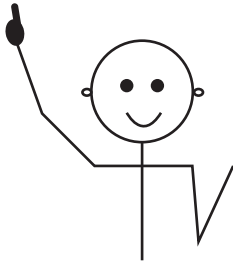
## HAGGAI

Make a circle around your eye for Hagg-eye



## ZECHARIAH

Make a Z with your arms but pointed to the right.



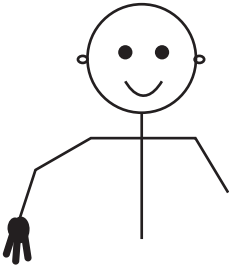
## MALACHI

Point to heaven because Malachi taught us the Messiah is coming!



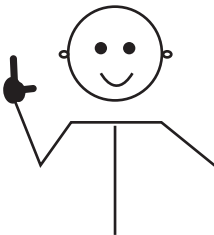
## MATTHEW

Make a big "M" with two hands



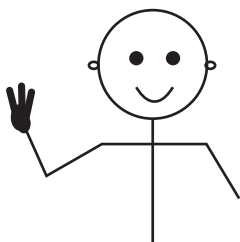
## MARK

Make a small M with 3 fingers on one hand



## LUKE

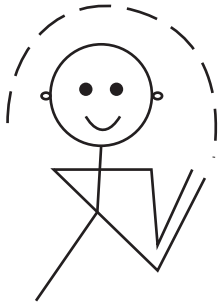
Make an L with the thumb and index finger of one hand



## JOHN

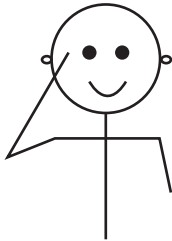
Make a W to remember, "In the beginning was the Word..."





## ACTS

Swing a pretend axe with your hands



## ROMANS

Salute



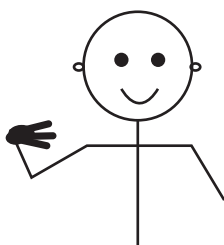
## 1 & 2 Corinthians

Count 1 and 2 on fingers, then make a big C as in YMCA



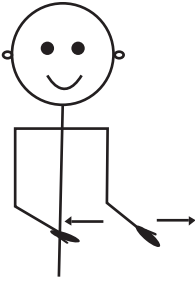
## GALATIANS

Turn the big C into a G by bending in the lower arm



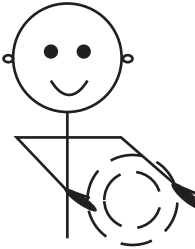
## EPEHESIANS

Hold 3 fingers sideways in an E shape



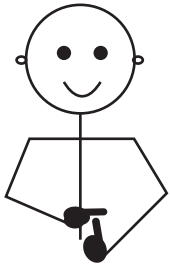
## PHILIPPIANS

Flip your hand from palm up to palm down



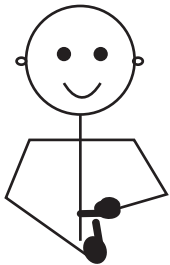
## COLOSSIANS

Hold both hands in front of you like you are steering a car to avoid a "collision."



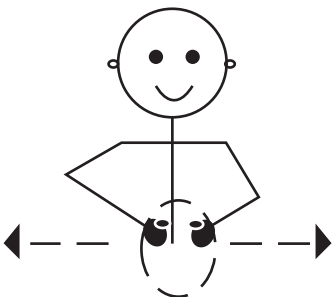
## 1 & 2 THESSALONIANS

Count 1 and 2 fingers, then make a T with your hands, left hand on top



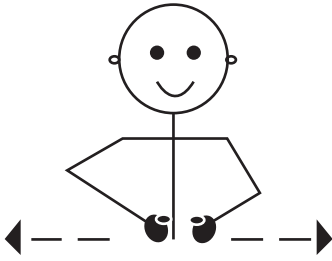
## 1 & 2 TIMOTHY

Count 1 and 2 fingers, then make a T with your hands, right hand on top



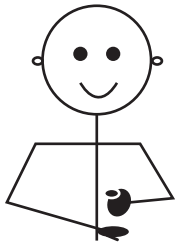
## TITUS

Pretend to tie the knot in the air with your fingers



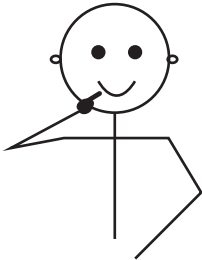
## PHILEMON

Break your hands apart as if breaking chains free from wrists



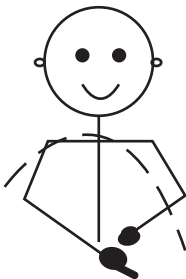
## HEBREWS

Pretend to sip “brewed coffee from a cup



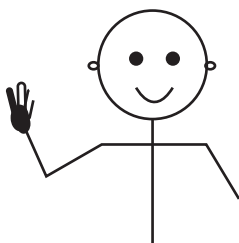
## JAMES

Point to your tongue



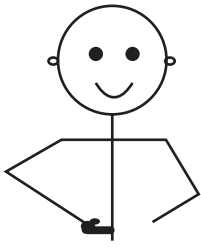
## 1 & 2 PETER

Count 1 and 2 with your fingers, then throw in your fishing line



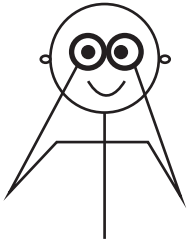
## 1, 2, and 3 JOHN

Count 1, 2, and 3 fingers



## **JUDE**

Hold two fingers up (thumb and index)  
to show Jude is a short book



## **REVELATION**

Hold your hands over your eyes like a pair of binoculars