

The Lord's Prayer

Practice praying with hand motions to aid memorization; suggestions below, or make your own!

Our Father,

(Make a circle around your face with your right pointer finger.)

who art in heaven,

(Point to heaven using your left hand.)

hallowed be thy name.

(Place both your hands in front of your face, palms facing out.)

Thy kingdom come,

(Beckon with your right hand, like you are asking a friend to come with you.)

Thy will be done

(Write in the air using your right hand.)

on earth

(Point down to the ground with your left hand.)

as it is in heaven.

(Point to heaven with your right hand.)

Give us this day our daily bread,

(Cup your hands together, palms up.)

and forgive us our trespasses

(Separate and lift your empty palms up.)

as we forgive those who trespass against us.

(Flip your hands over, putting the palms down.)

And lead us not into temptation,

(Right pointer finger up and wag back and forth.)

but deliver us from evil

(Shield your eyes.)

