Movements for prayer "O Thou Kind Lord...."

Lesson 4, Truthfulness

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| O Thou kind Lord | Smile, look upward, arms outstretched, hands open |
| I am a little child | Fold arms in front as if rocking a baby in arms |
| Exalt me by admitting me | Lift up the baby |
| To the kingdom | "release" the baby upward (as if it is floating) |
| I am earthly | I (point to self)Am earthly (rub fingers and thumb together as if sifting dirt |
| Make me heavenly | Make (hands cupped together as if making something)Me (point to self)Heavenly (open arms and hands upward) |
| I am of the world below | I (point/touch chest) am (pull hand away) of (point / touch chest again)The world below (point to earth twice, on World and Low) |
| Let me belong to the realm above | Open hands upward and lift-lift-lift (realm - a - bove) |
| Gloomy | Touch pointer fingers to corner of mouth and draw lips down to a frown. |
| Suffer me to become radiant | Smile, rub hands upward and outward along cheeks |
| Material | Point to "things" around the room with both pointer fingers |
| Make me spiritual | Point to self, then open hands upward and lift-lift-lift |
| And grant that I may manifest | Point to self, then run the back of fingers (slightly curved) downward along trunk of body |
| Thine infinite bounties | Thine (reach arms upward toward the sky)Infinite (hands upward and open, then open arms WIDE)Bounties (bring hands together in front, cupped as if holding something precious, then move them straight forward as if giving something away) |
| Thou art the Powerful | Thou art(Arms/hands pointing upward toward the sky)The Powerful (make a 'muscle' by making fist and bending elbow) |
| The All-Loving | Hug self |