**Motions to the song "The Source of Courage and Power"**

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| **The source** | Open palms to sky, looking up |
| **of courage and power** | ASL 'courage' Move slightly curved palms toward shoulders, curl finger as if grabbing your long hair, clench fists emphatically while pulling outward slightly |
| **Is the promotion of** | Touch chin with fingertips of both hands |
| **the word of God** | Palms up, lower hands in front of you as if offering a gift |
| **The source** | Open palms to sky, looking up |
| **of courage and power** | ASL 'courage' Move slightly curved palms toward shoulders, curl finger as if grabbing your long hair, clench fists emphatically while pulling outward slightly |
| **is steadfastness in His love** | Make a heart with hands (thumbs touching, fingertips touching) hold it over your heart |
| **Forget about yourself** | Shake head and shake finger in front of face |
| **Stand up for what is right** | Stand tall, stamp foot, fists and straight arms at sides |
| **Defend those in need** | Fists |
| **Rely upon His might** | Prayer position |
| **Teach the word of God** | Touch chin with finger tips then palms up, lower hands |
| **Be courageous in your deeds** | ASL 'courage' Move slightly curved palms toward shoulders, curl finger as if grabbing your long hair, clench fists emphatically while pulling outward slightly |
| **Follow His path** | Left arm extended with palm upward (this is the 'path'), slide right hand from top to bottom of arm |
| **To happiness it leads** | Touch fingertips to chin, move up along cheeks while smiling broadly |