



# Advent 3: The Promised Son Is Born

**Lesson Aim:** To know God keeps His promises.

## THE WORSHIP

**Who God Is:** The God of Peace

## THE WORD

**Bible Story:** Luke 2:4-7

**What He Has Done:** God fulfilled His promise for Jesus to be born in Bethlehem.

## BIBLE MEMORY VERSE

"Give thanks to the Lord, for He is good." Psalm 118:1a

Unit 10: The Promised One			
	Bible Story	What He Has Done	Lesson Aim
48	Advent 1: Isaiah Tells of the Promised Child, Isaiah 9:2-3, 6	God told Isaiah the promise of the coming child.	To know God promised to send His Son to us.
49	Advent 2: God's Promise to Mary, Luke 1:26-38	God promised Mary that she would give birth to His Son, Jesus.	To know Jesus is the Son of God.
50	Advent 3: The Promised Son Is Born, Luke 2:4-7	God fulfilled His promise for Jesus to be born in Bethlehem.	To know God keeps His promises.
51	Advent 4: Shepherds See God's Promised Son, Luke 2:8-20	God sent the angels to tell the shepherds about Jesus, the promised Savior.	To praise God as the shepherds did when they saw baby Jesus.
52	Wise Men Knew God's Promise, Matthew 2:1-2, 9-11	God sent the Wise Men to Bethlehem where they saw God's promises fulfilled.	To know promises from God are found in the Bible.

## TEACHER'S ENCOURAGEMENT

This week, read 2 Peter 1:16-17. Please join us in praying, "Thank You, Lord, for each prophecy that points us to You. Help us point the children to You this Christmas. Help us trust Your timing in their lives and in our own. Amen."

## WHAT ABOUT SANTA?

Many cultures incorporate the story of Saint Nicholas (Santa Claus) into their family traditions at Christmas, but not every family includes Santa in their celebration. To honor parents, our role as Bible teachers is not to address (validate or invalidate) their family traditions, but to redirect children's focus to celebrate the reason for Christmas, the gift of God's Son.



Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Welcome</b>	Treasure chest, stamp or sticker of a suitcase
		<b>Coloring Center:</b> God's Promise to Us	Coloring pages of Mary, Joseph, and baby Jesus in the stable; crayons
		<b>Play-Dough Center:</b> Born in a Manger	Play-dough, Christmas and animal cookie cutters, play-dough tools
		<b>Block Center:</b> A Place for Jesus	Blocks, baby, basket, baby blanket
		<b>Nativity Center:</b> Jesus Is Born!	Nativity set
	Up to 5	<b>Prepare for Worship</b>	None
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org. <b>Additional Hymn Suggestions:</b> "Away in the Manger" "Silent Night" "Joy to the World" <b>Additional Supplies:</b> Advent wreath (See GOT TIME?)	Praise music, optional: musical instruments <b>Unit 10 Bible Memory Verse Song:</b> "Give Thanks to the Lord" <b>Other Bible Memory Verse Song Suggestions:</b> "His One and Only Son" "The Lord Is Faithful" "I Am with You" "Let Everything That Has Breath" "I Bring You Good News" "Praise Time: Love the Lord Your God"
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: Prophets & Promises Unit 10, Lesson 50
THE WORD	Up to 10	<b>Watch the Word:</b> Luke 2:4-7	Teacher's Bible with bookmark at Luke 2:4-5 Visuals: Picture of the Bible story, nativity set (stable, animals, Mary, Joseph, baby Jesus)
THE WAY	Up to 25	<b>Craft:</b> Joseph and Mary	2 small paper cups (uncoated), 2 craft sticks, sturdy white paper, nativity person template (available on resourcewell.org), 1/4" wide pink or light blue ribbon, brown felt, label, glue, crayons
		<b>Game:</b> Let's Go to Bethlehem	Costumes for Joseph and Mary, baby doll wrapped in a blanket placed in a basket
		<b>Game:</b> Hey, Hey! Who Hid the Hay?	Hay (or raffia or shredded paper), baby doll wrapped in a blanket, basket
		<b>Snack:</b> Manger Snack	Animal crackers
	Final 5	<b>Final Five</b>	Ponder, Pray & Play: Unit 10, Lesson 50
GOT TIME?	Up to 10	<b>Say &amp; Do:</b> Luke 2:4-7	None
	Up to 15	<b>Craft:</b> Advent Crown Wreath	See craft.
	Up to 10	<b>Game:</b> Pass the Gift	Wrapped gift box (with lid), baby Jesus doll, Unit 10 Bible Memory Verse Song "Give Thanks to the Lord"
	Up to 10	<b>Game:</b> Give Thanks Bubbles	Bubbles, Unit 10 Bible Memory Verse Song "Give Thanks to the Lord"
	Up to 10	<b>Story Time</b>	Any story about Jesus' birth

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



The God of Peace

# THE WELCOME

## WELCOME

Welcome each child as they arrive. **Hello \_\_\_\_\_. I'm glad you are here! Come open the Treasure Chest to find today's treasure.** Child unlocks the Treasure Chest to receive a stamp or sticker of a suitcase. **Let this stamp (or sticker) of a suitcase help you remember that Joseph and Mary traveled to Bethlehem when it was time for baby Jesus to be born.**

**Teacher's Note:** These activity centers are designed to reinforce the lesson through hands-on learning experiences either individually or in small groups with the guidance of the teacher. Choose the Bible Activity Centers that best suit the children in your class. Set up the activity centers around the room before children arrive. Allow children to move freely among them.

## COLORING CENTER: GOD'S PROMISE TO US

### **SUPPLIES**

Coloring pages of Mary, Joseph, and baby Jesus in the stable; crayons

### **DO**

Children color the picture while talking about God's promise to us.

### **TALK ABOUT**

**What do you see in our picture?** (Joseph, Mary, baby Jesus, animals, stable, manger.) **God promised His Son Jesus would be born in a manger in Bethlehem. Did He keep His promise?** (Yes.) **Do you remember what a promise is?** (Children respond.) **A promise is something we tell someone we will do. Who always keeps His promises?** (God.) **God always keeps His promises to us.**

## PLAY-DOUGH CENTER: BORN IN A MANGER

### **SUPPLIES**

Play-dough, Christmas and animal cookie cutters, play-dough tools

### **DO**

Children create play-dough animals while talking about Jesus' birth.

### **TALK ABOUT**

**When it was time for baby Jesus to be born, his parents Mary and Joseph, could find no place to stay. They found room in a stable. A stable is a place where people keep their animals; it's like a barn. What are some of the animals you might find in a stable or a barn?** (Children respond.) **Can you make some of those animals with your play-dough?** If you have cookie cutters that are related to the Christmas story, ask the children how each cookie cutter fits into the story.

# THE WELCOME *continued...*

## **BLOCK CENTER: A PLACE FOR JESUS**

### **SUPPLIES**

Blocks, baby, basket, baby blanket

### **DO**

Children build a place for Jesus while talking about today's story.

### **TALK ABOUT**

**Mary and Joseph traveled a long way to get to Bethlehem. When they arrived, there was no room for them at the inn. Instead, they found room in a stable and Jesus was laid in a manger. A manger is a box used to hold food for the animals in the stable. Can you make a manger for baby Jesus out of the blocks?** When the manger is built, give the children baby Jesus to lay in the manger.

## **NATIVITY CENTER: JESUS IS BORN!**

### **SUPPLIES**

Nativity set

### **DO**

Place the stable on a table. Hide the other pieces of the nativity set (except the baby Jesus) around the room. On your signal, have the children find the pieces and return them to the stable. When all the pieces have been returned, do the "Talk About" below.

### **TALK ABOUT**

**Do we have all the pieces of our nativity set? (No.) What's missing? (Baby Jesus.) In our story today, we will hear about the day baby Jesus is born. When do we celebrate baby Jesus' birth? (Christmas.)** Ask the children to tell you each figure is in the nativity set. Encourage them to tell you the story of Jesus' birth.

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## **PREPARE FOR WORSHIP**

**It's time for Praise Time. Let's sing a "Clean Up Song" as we put things away.** Praise children as they help clean.

**Clean up! Clean up! Everybody, everywhere!  
Clean up! Clean up! Everybody do your share!**

### **BIBLE MEMORY VERSE SIGN LANGUAGE**

(For visual demonstrations, see [www.signingsavvy.com](http://www.signingsavvy.com))

<b>"Give thanks to the Lord for He is good." Psalm 118:1a</b>	(thanks) Move open hands up and away, flicking fingers twice. (Lord) Make "L" shape with right index finger and thumb. Move "L" from left shoulder to right hip as a royal sash. (good) Palms up, move one hand from mouth to lay on top of other palm. Hold hands open, as if holding a Bible.
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Adding sign language or motions to the Bible Memory Verse helps children recall what they are learning.



The God of Peace

# THE WORSHIP

**Supplies:** Praise music, optional: musical instruments

**Teacher Tip:** To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play "Praise Time: Love the Lord Your God" as children move to that designated area.



**I'm so glad you are here today. Let's start by talking to God in prayer.** Have the children bow their heads and close their eyes. **Dear God, as we prepare our hearts and minds for Christmas, help us to remember You kept Your promise when Jesus was born. Amen.**



**Let's use this time to give our offering and celebrate the good gift God gave us when He gave us Jesus.** Sing: "Give Thanks to the Lord" while collecting the offering.



**God is so good. Let's say our Bible Memory Verse together.** Practice a few times with the motions.

**"Give thanks to the Lord**

(thanks) Move open hands up and away, flicking fingers twice.

(Lord) Make "L" shape with right index finger and thumb. Move "L" from left shoulder to right hip as a royal sash.

**for He is good."**  
**Psalm 118:1a**

(good) Palms up, move one hand from mouth to lay on top of other palm.  
Hold hands open, as if holding a Bible.



## The Lighting of the Christmas Candles: The Bethlehem Candle

Advent Wreath: 4 candles set in a wreath

**We light the Christmas candles to get our hearts ready to celebrate Christmas. Today, we light the Bethlehem Candle to remember that when it was time for baby Jesus to be born, Mary and Joseph traveled to Bethlehem.** Light the first three candles on the Advent Wreath.



**Let's see if our friends Delbert and Lello know about Mary and Joseph's trip to Bethlehem.** Perform The Adventures of Delbert and Lello puppet script or read storybook: Prophets & Promises Unit 10, Lesson 50.



**God is good; He keeps all His promises. He was good to Mary and Joseph. He helped them get to Bethlehem. He gave them a place for baby Jesus to be born. He kept His promise and gave Mary her son, the baby Jesus.** Sing: "The Lord Is Faithful."

**God is good to us; Jesus' birth was a gift to us, too! That is the good news of Christmas.** Sing: "I Bring You Good News."



Jesus was born in Bethlehem

## THE WORD

**Supplies:** Teacher's Bible with bookmark at Luke 2:4-5, picture of the Bible story, nativity set (stable, animals, Mary, Joseph, baby Jesus)

**Before we begin our Bible Time, let's say our Classroom Promise with the motions.**

<b>With my eyes on my teacher;</b>	Point to eyes.
<b>My mouth quiet as can be,</b>	Place index finger over mouth as quiet sign.
<b>I will listen to hear,</b>	Cup hand around ear.
<b>How God loves you and me.</b>	Hug self, point to others, and then self.

**Let's reach deep in our pockets and pull out our listening ears.** Reach in your pocket and cup your hands behind your ears as if listening.

Place the stable and animals on a table where children can see them. Hide Mary, Joseph, and baby Jesus.

**Today, I brought the stable from our nativity set. A stable is like a barn. Have you ever been in a barn?** (Children respond.) **What did you see in the barn?** (Various animals, hay, etc.) **What did it smell like?** (Children respond.)

**In our story today, Mary and Joseph stay in a stable because there is nowhere else for them to go.** Place Mary and Joseph in the stable. **Do you know what happened while they were there?** (Baby Jesus was born.) Place baby Jesus in the stable. **God kept His promise and sent baby Jesus. Do you remember what a promise is?** (Children respond.) **A promise is something we tell someone we will do. Who always keeps His promises?** (God.) **Let's listen to our story.** Handle the Bible as a special treasure, leaving it open to Luke 2:4-5.



### WATCH THE WORD: LUKE 2:4-7

Read the story below or retell the passage in your own words. To illustrate the story, show a picture of the Bible story from a children's Bible, the coloring page, or other source.

- **Joseph and Mary went on a trip;**
- **They traveled to Bethlehem.**
- **When it was time for the baby to be born,**
- **There was no room at the inn for them.**
  
- **So, Jesus was born in Bethlehem.**
- **Mary wrapped Him in swaddling clothes.**
- **She lay Him down in a manger of hay,**
- **For that was the place God chose.**

**Who traveled to Bethlehem?** (Joseph and Mary.) **It was a very special time. It was time for God to keep His promise that baby Jesus would be born.**



God keeps His promises

## THE WAY

**Teacher Tip:** Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

### **CRAFT: JOSEPH AND MARY**

**Purpose:** To remind the children that God kept His promise for Jesus to be born in Bethlehem.

**Supplies:** 2 small paper cups (uncoated), 2 craft sticks, sturdy white paper, nativity person template (available on [resourcewell.org](http://resourcewell.org)), ¼" wide pink or light blue ribbon, brown felt, label, glue, crayons

**Prepare:** On sturdy white paper, print and cut out two people for each child from the nativity person template. The same template can be used for lessons 49-52. For Mary, cut a 2-inch length of ribbon for her headband. For Joseph, from brown felt, cut a 3-inch strip for his belt and/or a ½-inch triangle for his beard. Cut a slit in the bottom of each cup large enough for the craft stick to fit through it. On a label, print:

**Jesus Was Born in a Manger**

**Luke 2:4-7**

**Adaptation for Ages 2-3:** This craft has been adapted from the curriculum for ages 4-5. A simplified template has been provided for ages 2-3. Another option would be to find a printable nativity template online for children to color.

**Lessons 48-52 Craft:** This craft is the third in a set of five crafts appearing in Lessons 48-52. Together, they will create a Nativity scene for each child. Remind the children to keep their crafts in a special place. In the coming weeks, they will add other people from Christmas story.

#### **Directions:**

1. Children color Mary and Joseph.
2. Mary: Children attach the ribbon as a headband.
3. Joseph: Attach the belt and/or beard.
4. Glue Mary and Joseph each to the top half of a craft stick.
5. Attach the label on one of the upside-down cups.
6. Insert the craft sticks each into a cup through the slit so they stand up.

#### **Craft Discussion:**

- **What was it time for?** (Baby Jesus to be born.)
- **Where was baby Jesus born?** (In a manger in Bethlehem.)
- **Who traveled to Bethlehem when it was time for Jesus to be born?** (Joseph and Mary.)

# THE WAY *continued...*

## **GAME: LET'S GO TO BETHLEHEM!**

**Purpose:** Children will pretend to travel to Bethlehem and look for a room for Baby Jesus.

**Supplies:** Costumes for Joseph and Mary, baby doll wrapped in a blanket placed in a basket

**Teacher Tip:** For costumes, use robes, towels, or cut holes for a child's head and arms in pillowcases or simply drape a length of cloth over their shoulders. For a belt, tie a rope around the waist.

**Mary and Joseph had to travel to Bethlehem. While they were there, it was time for Jesus to be born. Let's see if Mary and Joseph can find a place to stay.**

### **Directions:**

1. Place the basket (or box) with the baby doll, at one end of the play area.
2. Choose two children to be Mary and Joseph. Dress Mary and Joseph in costumes.
3. Place the remaining children as innkeepers at various locations around the room. Have them face the wall.
4. Mary and Joseph walk together to each innkeeper and gently tap the innkeeper's back, as if knocking on the door. When the innkeeper turns around, Mary and Joseph say, **"It was time."**
5. Each innkeeper replies by shaking his or her head and saying, **"No room."** He or she then sits down and silently points to the manger.
6. When all the innkeepers are seated, Mary and Joseph go sit by the baby Jesus.
7. Choose two other children to be Mary and Joseph and play again.

## **GAME: HEY, HEY! WHO HID THE HAY?**

**Purpose:** Children will search for hidden hay as they think about the location of Jesus' birth.

**Supplies:** Hay (or raffia or shredded paper), baby doll wrapped in a blanket, basket

**It was time for baby Jesus to be born. Was there room for Mary and Joseph at the inn? (No.) Mary and Joseph used a manger for Jesus' bed. A manger is a box that holds food for animals. Let's pretend you are Mary or Joseph looking for soft hay to put in the manger.**

### **Directions:**

1. Choose a child to be Mary or Joseph. The child closes his or her eyes while you hide a handful of hay.
2. Once the hay is hidden, the other children clap and chant, **"Hey-hey-hey, who hid the hay?"**
3. The child opens his or her eyes and searches for the hay.
4. Help Mary/Joseph find the hay by saying, **"You're getting warmer."** when he or she gets closer to the hay and, **"You're getting colder."** when the child moves away from the hay.
5. Say, **"Hey-hey-hey, you found the hay!"** when the child finds the hay.
6. The child places the hay in the box to begin creating a soft bed for baby Jesus.
8. Play until each child has a turn finding the hay.
9. Choose one of the children to place baby Jesus in the basket.



# THE WAY *continued...*

## **SNACK: MANGER SNACK**

**Purpose:** Children will eat a snack while discussing Mary and Joseph's trip to Bethlehem.

**Snack Suggestion:** Animal crackers

### **Directions:**

1. Serve the snacks and drinks.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or another familiar tune.  
**God our Father, God our Father. Once again, once again,  
Thank You for our blessings. Thank You for our blessings. Amen. Amen.**
3. Pray. Lead discussion below while children enjoy their snack.
  - **When baby Jesus was born, Mary and Joseph placed Him in a manger because there was no room for them at the inn. A manger is a box used to hold food for the animals in the stable. A stable is like a barn. What animals would you find in a barn?** (Children respond.)
  - **What animals do you see on your crackers?** (Children respond.) **Do you know what those animals eat?** (Children respond.)
  - **When it was time for baby Jesus to be born, Mary and Joseph took a trip. Where did they go?** (Bethlehem.)



When only 5 minutes remain, begin this segment.

## **FINAL FIVE MINUTES**

### **BIBLE MEMORY VERSE**

Gather children in a circle sitting or standing and practice the words and motions.

<b>"Give thanks to the Lord for He is good." Psalm 118:1a</b>	(thanks) Move open hands up and away, flicking fingers twice. (Lord) Make "L" shape with right index finger and thumb. Move "L" from left shoulder to right hip as a royal sash. (good) Palms up, move one hand from mouth to lay on top of other palm. Hold hands open, as if holding a Bible.
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### **PRAY**

**Let's pray together.** Say a closing prayer with the children.

### **PLAY**

Allow children to play with selected toys or centers or choose a book to read to them.

### **DISMISSAL**

Have children take home their coloring page, craft, and a copy of the Ponder, Pray & Play for 2-3's.



If time remains, choose from the connected activities below.

## **GOT TIME?**

### **SAY & DO: LUKE 2:4-7**

**Purpose:** This pantomime version of the Bible Story helps children remember the story details.

**Supplies:** None

**Directions:** With each phrase, the teacher says the phrase and leads the children in doing the hand motions.

- **Joseph and Mary went on a trip;** (Point far away.)
- **They traveled to Bethlehem.** (Walk in place.)
- **When it was time for the baby to be born,** (Point to imaginary wristwatch.)
- **There was no room at the inn for them.** (Shake head no.)
  
- **So, Jesus was born in Bethlehem.** (Pretend to hold a baby.)
- **Mary wrapped Him in swaddling clothes.** (Pretend to wrap baby in cloths.)
- **She lay Him down in a manger of hay,** (Gently lower baby into imaginary manger.)
- **For that was the place God chose.** (Point to heaven.)

### **CRAFT: ADVENT CROWN WREATH**

**Purpose:** Children work together to create an Advent crown wreath.

**Supplies:** Poster board or sturdy paper, craft decorations, gold paint (or gold foil, gold wrapping paper, etc.), four tall gold candles, four candleholders, one gold dinner plate or plate wrapped in gold foil or paper, stapler, glue

**Prepare:** Cut a 3-inch x 24-inch strip of poster board. Paint the poster board strip gold. Let it dry. Staple the ends to create a circle (crown) shape.

**Teacher Tip:** Create one wreath for the classroom or individual wreaths for children to take home. The directions for this wreath suggest four candles. Some wreaths add a fifth candle, "the Christ Candle" which is in the center of the wreath and lit on Christmas Eve or Christmas Day.

**Advent means coming. In the four weeks before Christmas, believers use an Advent wreath to celebrate the coming of Jesus. Our Advent wreath is in round; it has no beginning and no end. This reminds us of the promise of a never ending life forever with God. Each week we light a new candle to remind us of part of the Christmas story.**

**Directions:**

1. Decorate the circle with craft decorations.
2. Place the crown on a gold dinner plate or plate wrapped in gold foil or paper.
3. Place the four gold candles in holders evenly along the inner rim of crown.

**Optional Flameless Advent Crown Wreaths:** (1) Cut candle shapes from sturdy gold or yellow paper. Color the flames red or orange. Attach the candles to the crown with tape. (2) Use battery operated candles.

# GOT TIME? *continued...*



## BIBLE MEMORY VERSE ACTIVITIES

"Give thanks to the Lord, for He is good." Psalm 118:1a

### **GAME: PASS THE GIFT**

**Purpose:** Children learn the meaning of the Unit 10 Bible Memory Verse.

**Supplies:** Wrapped gift box (with removable lid), baby Jesus doll, Unit 10 Bible Memory Verse Song "Give Thanks to the Lord"

**Prepare:** Place baby Jesus inside the box and close the box lid.

**God gives you lots of gifts. One of the things He gives you is people who love you very much. When someone gives something to you, what should you do? (Thank them.) Our Bible Memory Verse tells us we should thank God for the gifts and the people He has given us. It says, "Give thanks to the Lord, for He is good."**

#### **Directions:**

1. Children sit in a circle. Give the gift box to one of the children.
2. **What is one thing you thank God for?** (Child responds.)
3. Lead all the children in saying, **"Thank you, God!"**
4. Children pass the gift around the circle. While each child holds the gift, repeat steps 2-3.
5. **Let's see the biggest gift God has given to us.**
6. Choose one child to open the box and discover baby Jesus inside.
7. Sing the Unit 10 Bible Memory Verse Song together as a celebration of thanks to God.

### **GAME: GIVE THANKS BUBBLES**

**Purpose:** To help children memorize and review the Unit 10 Bible Memory Verse.

**Supplies:** Bubbles, Unit 10 Bible Memory Verse Song "Give Thanks to the Lord"

**Our Bible Memory Verse tells us God is good. He is always good to you and me! Together, let's say, "God is good." Lead the children in saying, "God is good." Now, let's listen to our Bible Memory Verse Song as we have fun with these bubbles. When you catch or pop a bubble, I want you to shout "God is good!"**

#### **Directions:**

1. Children stand in the play area.
2. While the Bible Memory Verse Song is playing, blow bubbles for the children to catch.
3. Encourage the children to shout **"God is good!"** each time they catch or pop a bubble.

# GOT TIME? *continued...*



## STORY TIME

Gather the children and read a favorite story. This can be a Bible story, a chapter from *The Adventures of Delbert & Lello*, or a story about Jesus' birth.

### PONDER, PRAY & PLAY

Unit 10, Lesson 50: Advent 3: The Promised Son Is Born

**PONDER!** To celebrate Jesus' coming, create a family Advent Wreath using a circle of greenery and four candles to stand for the four Sundays before Christmas. Light the third candle as the Bethlehem Candle and read Luke 2:4-7. Talk about what Joseph and Mary did when it was time for Jesus' birth.

**PRAY!** Pray this prayer each day this week: "Lord, thank You for sending Your Son. We are so glad Jesus was born. We love to celebrate His birth! Amen."

**PLAY!** Place a baby doll in a basket and place it to the side. Choose a Mary and Joseph. Everyone else is an innkeeper. The innkeepers pretend to hide behind closed doors by facing a wall. Mary and Joseph gently knock on each innkeeper's back asking for a place to stay. Each innkeeper turns and says, "No room!" Then, Mary and Joseph sit by baby Jesus.

#### BIBLE MEMORY VERSE

<b>"Give thanks to the Lord for He is good." Psalm 118:1a</b>	(thanks) Move open hands up and away, flicking fingers twice. (Lord) Make "L" shape with right index finger and thumb. Move "L" from left shoulder to right hip as a royal sash. (good) Palms up, move one hand from mouth to lay on top of other palm. Hold hands open, as if holding a Bible.
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