



# Lord's Prayer

APPENDIX 3

mm

milestones ministry

## The Lord's Prayer with Actions

Our Father in heaven,	<i>(point up)</i>
hallowed by your name,	<i>(cup hands)</i>
your kingdom come	<i>(motion 'come here')</i>
your will be done,	<i>(point up to heaven)</i>
on earth as in heaven.	<i>(point down to ground)</i>
Give us today	<i>(open hands outward)</i>
our daily bread.	<i>(cross hands to shoulders)</i>
Forgive us our sins	<i>(praying hands)</i>
as we forgive those	<i>(hands on heart)</i>
who sin against us.	<i>(hands open to others)</i>
Lead us not into temptation,	<i>(arms out-stretched to heaven)</i>
but deliver us from evil.	<i>(push palms downwards)</i>
For the kingdom,	<i>(make one muscle arm)</i>
the power,	<i>(make other muscle arm)</i>
and the glory are yours	<i>(hands waving down)</i>
now and forever. Amen.	<i>(folded prayer hands)</i>