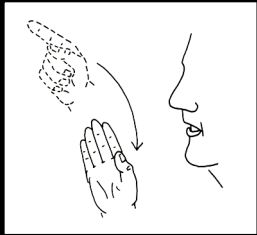
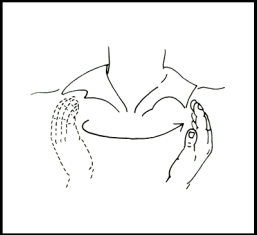

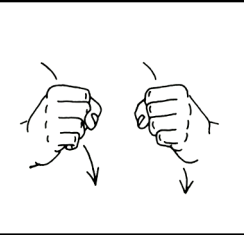
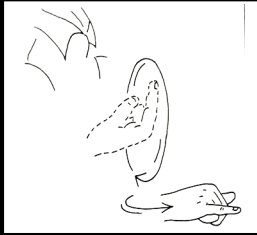
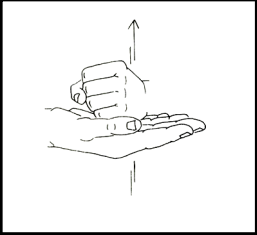

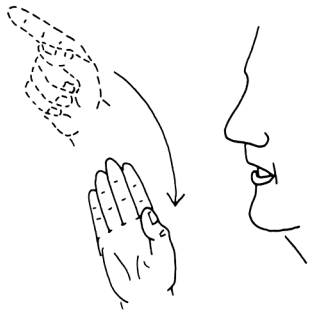


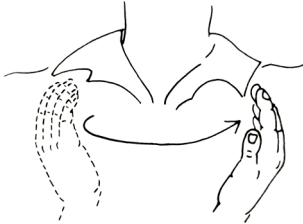
# Memory Verse: Psalm 46:1

			
<b>God is</b>	<b>our</b>	<b>refuge</b>	<b>and strength,</b>
			
<b>an ever-present</b>	<b>help</b>	<b>in trouble.</b>	

**Psalm 46:1**

**God:**

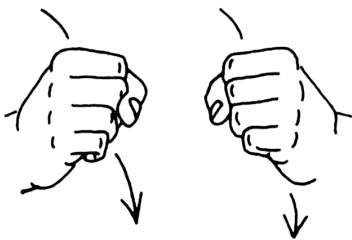
Point the "G" forward in front of you, draw it up and back down, opening the palm, which is facing left.

**our:**

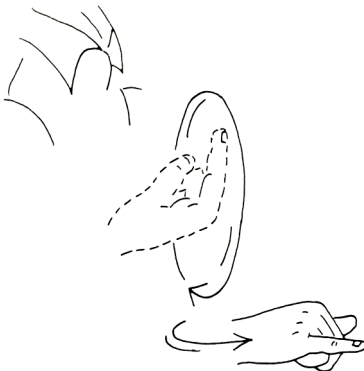
Place the right hand, slightly cupped, at the right shoulder with thumb side against the body; circle it around until the little-finger side touches the left shoulder.

**shield, shelter:**

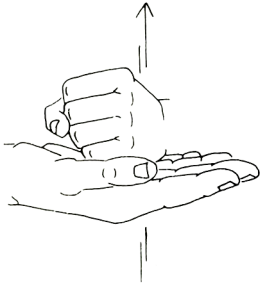
Place the left "S" in front of you. The right open hand (palm out) moves clockwise as if shielding the left fist.

**strong:**

Bring the "S" hands down with force.

**forever, everlasting, eternal:**

Sign "ALWAYS" (a circle in front of you) and "STILL" (as described below).

**help:**

Place the right open hand under the left "S," which is facing to the right; lift both hands together.

**trouble:**

Right open hand, palm facing left, passes in front of the face and down toward the left shoulder. Same motion is made alternately with the left hand several times.