

Song Motions for *Songs for the Seasons*

You Are with Me

Track 1

Refrain

When I go up, you are with me. (*Reach up with both hands.*)

When I go down, you are with me. (*Crouch down.*)

Going left or right, you are with me. (*Turn left and then right.*)

God, you are with me, everywhere I go. (*Spin around.*)

Verse 1

From morning to night, you are with me. (*Use arms to make a “sun,” then lean side to side.*)

In sunshine or rain, you are with me. (*Use fingers to show raindrops.*)

When seasons change, you are with me. (*Crouch down then stand and raise arms overhead.*)

God, you are with me, everywhere I go. (*Spin around.*)

Verse 2

When I go to school, you are with me. (*Walk in place.*)

When I run and play, you are with me. (*Run in place.*)

When I fall asleep, you are with me. (*Rest head on hands as if sleeping.*)

God, you are with me, everywhere I go. (*Spin around.*)

Verse 3

When I go new places, you are with me. (*Walk in place.*)

When I try new things, you are with me. (*Jump forward.*)

When I make new friends, you are with me. (*Point to each person in the room.*)

God, you are with me, everywhere I go. (*Spin around.*)

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We Give Thanks

Track 2

Refrain

Oh, oh, oh, (*use arms to form an “O” overhead*) we give **thanks!** (*Wave arms back and forth overhead.*)

Oh, oh, oh, (*use arms to form an “O” overhead*) we give **thanks!** (*Wave arms back and forth overhead.*)

For all the good all **around** us in this world, (*shade eyes with hand and look around*)

for God’s **love** (*cross arms over chest*) that’s here and is **forever**, (*spin around*)

we give **thanks!** (*Wave arms back and forth overhead.*)

Verse 1

For **people** we love (*point to people in the room*)

and **songs** we can sing, (*point a finger at your lips then use the finger to “conduct”*)

for **jokes** we can tell (*point a finger at your lips then turn your palm out and wiggle all the fingers*)

and for **laughter**, (*laugh*)

for . . . [*Name things you are thankful for.*]

Yes, for every good thing . . . (*shake head “yes”*)

Verse 2

For trees we can **climb** (*pretend to climb*)

and big gusty **winds**, (*wave arms back and forth like the wind*)

for puddles to **splash** (*jump*)

and for **oceans**, (*move hands like waves*)

for . . . [*Name things you are thankful for.*]

Yes, for every good thing . . . (*shake head “yes”*)

Verse 3

For **bugs** that can crawl (*“walk” fingers of one hand on opposite palm*)

and **birds** that fly high, (*flap arms like wings*)

for **all** of the life (*begin with one hand, palm up, then circle the other hand around it, ending with that palm up*)

on this **planet**, (*form a circle overhead*)

for . . . [*Name things you are thankful for.*]

Yes, for every good thing . . . (*shake head “yes”*)

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On the Way

Track 3

Verse 1

Hope is gonna come; (*clap, clap*)
oh, yeah, (*clap, clap*) it's on the way.
Hope is gonna come; (*clap, clap*)
it starts (*clap, clap*) with me today.
Hope for all the earth, (*clap, clap*)
oh, yeah, (*clap, clap*) it's on the way.

Refrain 1 (*after verses 1–4*)

We'll sing with the angels, sing with the angels. (*Wave arms overhead.*)
We'll sing with the angels, sing with the angels (*wave arms overhead*)
on that great, (*clap, clap*) on that great, (*clap, clap*) on that great amazing day! (*clap, clap*)

Verse 2: Peace is gonna come . . .

Verse 3: Joy is gonna come . . .

Verse 4: Love is gonna come. . .

Verse 5

Hope is gonna come; (*clap, clap*)
Jesus (*clap, clap*) is born today.
Peace is gonna come; (*clap, clap*)
Jesus (*clap, clap*) is born today.
Joy and love will come; (*clap, clap*)
Jesus (*clap, clap*) is born today.

Refrain 2

Sing “Glory, hallelujah! Glory, hallelujah!” (*Wave arms overhead.*)
Sing “Glory, hallelujah! Glory, hallelujah!” (*Wave arms overhead.*)
on this great, (*clap, clap*) on this great, (*clap, clap*) on this great amazing day! (*clap, clap*) (*Sing twice.*)

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The Way of Peace

Track 4

The bold words in the song already indicate the motion to use. Add in other motions as desired.

Verse 1

Oh, let us **walk**,
oh, let us **sing**, *(sung) la, la, la*
oh, let us **pray** *(spoken) amen*
in the way of peace. *(Extend arms out to the sides.)*
A child will be born *(pretend to rock a baby in your arms)*
to bring peace on earth. *(Extend arms out to the sides.)*
It starts with me *(point to self)* and you *(point to someone else)* today.

Verse 2

Oh, let us **speak**, *(spoken) hello*
oh, let us **dance**, *(spoken) cha, cha, cha*
oh, let us **breathe**
in the way of peace. *(Extend arms out to the sides.)*
A child will be born *(pretend to rock a baby in your arms)*
to bring peace on earth. *(Extend arms out to the sides.)*
It starts with me *(point to self)* and you *(point to someone else)* today.

Bridge

Let us do everything we can do *(spin around)*
to bring peace between me *(point to self)* and you *(point to someone else)*
and everyone we meet. *(Point to the group.)*

Verse 3

Oh, let us **wink**,
oh, let us **wave**, *(spoken) hi*
oh, let us **wiggle**
in the way of peace. *(Extend arms out to the sides.)*
A child will be born *(pretend to rock a baby in your arms)*
to bring peace on earth. *(Extend arms out to the sides.)*
It starts with me *(point to self)* and you *(point to someone else)* today.

Verse 4

Oh, let us **shout**, *(spoken) hurray!*
oh, let us **clap**,
oh, let us **march**
in the way of peace. *(Extend arms out to the sides.)*
A child will be born *(pretend to rock a baby in your arms)*
to bring peace on earth. *(Extend arms out to the sides.)*
It starts with me *(point to self)* and you *(point to someone else)* today. *(Sing twice.)*

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Great Big Love

Track 5

Verse 1

He had no home to lay his head, (*rest head on hands*)
that baby Jesus, (*pretend to cradle a baby in your arms*)
just hay and manger for a bed, (*lean forward and pretend to smooth the top of a bed*)
that baby Jesus. (*Pretend to cradle a baby in your arms.*)
But all the angels saw clearly; (*shade eyes with one hand as if looking*)
he wasn't just a little nobody (*shake head "no"*)
'cause he was great big (*extend arms out to the side*) love. (*Cross arms over chest.*)

Refrain

Great big (*extend arms out to the side*) love (*cross arms over chest*),
like a candle burning bright. (*Hold up one finger like a candle.*)
Great big (*extend arms out to the side*) love (*cross arms over chest*),
born in Bethlehem that night. (*Pretend to cradle a baby in your arms.*)
Great big (*extend arms out to the side*) love (*cross arms over chest*),
for you and me and everyone, (*point to one person, yourself, and the group*)
God's great big (*extend arms out to the side*) love. (*Cross arms over chest.*)

Verse 2

She wasn't rich and powerful, (*show arm muscles*)
that little Mary.
Didn't have much, not much at all, (*shake head "no"*)
his mama Mary.
But what she had, she gave freely; (*cup hands and extend them forward*)
she wasn't just a little nobody (*shake head "no"*)
'cause she had great big (*extend arms out to the side*) love. (*Cross arms over chest.*)

Verse 3

They were the ones everyone ignored, (*turn away from the group*)
those little shepherds
with faces dirty (*point to face*), clothes so worn, (*point to clothes*)
poor little shepherds.
But they ran to see so quickly (*run in place*)
'cause no one's just a little nobody (*shake head "no"*)
when they have great big (*extend arms out to the side*) love. (*Cross arms over chest.*)

Bridge

So we can sing, "Gloria, yeah, gloria!" (*Wave arms overhead.*)
Jesus has come. (*Lower arms, palms up.*)
So we can sing, "Gloria, yeah, gloria!" (*Wave arms overhead.*)
Jesus, God's great big love. (*Lower arms, palms up. Then cross arms over chest.*)

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Where Jesus Was

Track 6

Verse 1

Where wise ones followed the star (*point up at the sky*)
and angels sang new songs, (*cup hands around mouth*)
where out in the cold of night (*shiver as if cold*)
impossible was born, (*pretend to cradle a baby*)
that's where Jesus was. (*Extend arms out to the sides.*)

Refrain

Wherever love was, (*form heart shape with hands*)
that's where Jesus was. (*Extend arms out to the sides.*)
That's where Jesus was.
Wherever hope was, (*reach both arms overhead*)
that's where Jesus was. (*Lower arms out to the side.*)
That's where Jesus was too.
Whatever love would do, (*form heart shape with hands*)
that's what Jesus did. (*Extend arms out to the sides.*)
And the miracle is (*spin around*)
that's still where Jesus is. (*Extend arms out to the sides.*)

Verse 2

When eyes could finally see, (*point to eyes*)
when the hungry child was fed, (*pretend to eat*)
when prisoners were freed, (*cross fist on wrists, then uncross them*)
and kind words freely said, (*point to mouth*)
that's where Jesus was. (*Extend arms out to the sides.*)

Verse 3

Where the sick were finally well, (*clutch stomach as if sick*)
loaves and fish were simply shared, (*cup hands and extend forward*)
When the truth was truly spoken, (*point to mouth*)
forgiveness really there, (*place both hands over heart*)
that's where Jesus was. (*Extend arms out to the sides.*)

Bridge

How can we live like Jesus lived? (*Reach both arms overhead.*)
How can we do what Jesus did? (*Lower arms straight in front of you, palms up.*)
How can we be where Jesus is? (*Extend arms out to the sides.*)
We go step by step, step by step. (*March in place.*) (*Sing five times.*)

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Hosanna Hurray!

Track 7

Part 1

Ho-ho-hosanna / Ho-ho-hosanna (*Sing the **call** and response four times.*) (*March in place.*)
(*shouted*) Hurray! (*Raise hands overhead to cheer.*)

Part 2

(*Wave both arms back and forth overhead.*) Blessed is the one who comes in the name of our God.
(*Sing twice.*)

(*Sing this section twice.*)

We're gonna wave our palms. (*Pretend to hold a branch and wave it overhead.*)

We're gonna dance all out. (*Dance in place.*)

We're gonna raise our voice. (*Cup hands around mouth.*)

We're gonna sing and shout. (*Pretend to sing into a microphone.*)

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Quiet Place

Track 8

Verse 1

In this quiet place, (*slowly raise arms, palms up*)
in this quiet place, (*slowly lower arms, palms down*)
help me be still and know (*place both hands over heart*)
how I can give and how to forgive. (*Hold out both hands, palms up.*)
In this quiet place, (*slowly raise arms, palms up*)
in this quiet place, (*slowly lower arms, palms down*)
help me be still and know you. (*Place both hands over heart.*)

Refrain

Like Jesus in the garden, (*show “praying hands”*)
let me be in this quiet place. (*Open hands, palms up.*)
Let me see your path for me. (*Point to eyes.*)
Let me trust in your grace. (*Place both hands over heart.*)

Verse 2

In this quiet place, (*slowly raise arms, palms up*)
in this quiet place, (*slowly lower arms, palms down*)
help me be still and know (*place both hands over heart*)
how to be true in all I do. (*Hold out both hands, palms up.*)
In this quiet place, (*slowly raise arms, palms up*)
in this quiet place, (*slowly lower arms, palms down*)
help me be still and know you. (*Place both hands over heart.*)

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Rise

Track 9

Verse 1

Ever feel like nothing's gonna get any better? (*Slowly bend over with a sad expression.*)

Ever feel like nothing's right and you can't change a thing? (*Continue bending over until you are in a crouched position.*)

But then one day, the stone is rolled away, (*begin coming out of the crouched position*)

and Jesus rises up to show us there's another way. (*Come to your full height, raising your arms joyfully overhead.*)

Refrain

We can rise up (*bend knees and then jump with arms overhead*)

and live like there's hope to be found, (*point to your smile*)

rise up (*bend knees and then jump with arms overhead*)

and give like there's enough to go around, (*pretend to give things to people*)

rise up (*bend knees and then jump with arms overhead*)

and be the change that we need. (*Spin around.*)

We can rise up (*bend knees and then jump with arms overhead*)

and be a holy alleluia, holy alleluia. (*Wave arms overhead.*)

Verse 2

Ever feel like no one cares about the ones that have no voice? (*Slowly bend over with a sad expression.*)

Ever feel like you go along 'cause you don't have much choice? (*Continue bending over until you are in a crouched position.*)

But then one day, the stone is rolled away, (*begin coming out of the crouched position*)

and Jesus rises up to show us there's another way. (*Come to your full height, raising your arms joyfully overhead.*)

Bridge

What if we opened our eyes a little wider? (*Point to eyes.*)

What if we opened our hearts a little farther? (*Use hands to create a heart shape.*)

What if we believed love gets the final word? (*Place both hands over heart.*)

I do believe. I do believe . . . (*Point to yourself.*)

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All Together

Track 10

Begin by joining hands in a circle.

Refrain 1

Here we are, all together, *(walk to the middle and raise joined hands)*
different and together. *(Return to original position and lower joined hands.)*
Just the way God always planned, *(walk to the middle and raise joined hands)*
different and together. *(Return to original position and lower joined hands.)*
We're all different; we're not the same. *(Release hands.)*
But God's Spirit is swirling like a wild, holy wind. *(Spin around.)*
Whirling and swirling like a wild, holy wind *(spin around)*
to bring us all together. *(Join hands again.)*

Verse 1

(spoken) I like to play sports. I'm learning Swahili. I love my cat. I like baking. I like pizza. I like pistachio ice cream.

Here we are together; *(walk to the middle and raise joined hands)*
here we are together. *(Return to original position and lower joined hands.)*
(spoken) I like cuddling up with my parents. I love flowers. I love to help. I play the piano.
Here we are together; *(walk to the middle and raise joined hands)*
here we are together. *(Return to original position and lower joined hands.)*

(Sing refrain 1.)

Verse 2

(spoken) We all like different things. What's something you like? (Name things you like.)
Here we are together; *(walk to the middle and raise joined hands)*
here we are together. *(Return to original position and lower joined hands.)*
(Name things you like.)
Here we are together; *(walk to the middle and raise joined hands)*
here we are together. *(Return to original position and lower joined hands.)*

Refrain 2

We're all different; we're not the same. *(Release hands.)*
But God's Spirit is swirling like a wild, holy wind. *(Spin around.)*
Whirling and swirling like a wild, holy wind *(spin around)*
to bring us all together, *(join hands again),*
to bring us all together. *(Walk to the middle and raise joined hands.)*

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