

## HELP ME DEAR FATHER PAGE 99

(HELP ME DEAR FATHER TO FREELY FORGIVE)

**HELP ME (FOR GOD TO HELP US):** Right hand in fist shape with the thumb up. Left with a flat hand with palm up. Place right hand on the left palm up toward Deity and then move down towards chest.

**FATHER:** Both hands with fists and thumbs up. Right is on the forehead and the left is on right hand. Then they both open to the five hand shape as they move forward.

**FORGIVE EVERYONE:** Left hand with palm up and right hand with palm down. Have the tips of the fingers of the right hand brush the palm of the left hand and move the hand from left to right.

(ALL WHO MAY SEEM UNKIND TO ME)

**ALL:** Palms facing the body and lightly touching the fingers of each hand against one another toward the chest and continuing to move lightly back and forth.

**PEOPLE:** Both hands in P hand shape down by waist and moving upward in alternating circles.

**UNKIND TO ME:** Right hand in #1 hand shape palm facing away from the body. Move the hand towards the chest and turn the finger so the palm is facing the body. Then have the finger touch the chest and bounce off of the chest twice.

(HELP ME EACH DAY FATHER)

**FATHER:** Both hands with fists and thumbs up. Right is on the forehead and the left is on right hand. Then they both open to the five hand shape as they move forward.

**EACH DAY:** Right hand with in A hand shape. With right hand swipe the right cheek on face twice.

**HELP ME (FOR GOD TO HELP US):** Right hand in fist shape with the thumb up. Left with a flat hand with palm up. Place right hand on the left palm up toward Deity and then move down towards chest.

(I PRAY; HELP ME LIVE NEARER, NEARER TO THEE)

**MY:** Open hand on chest

**LIFE:** Running both hands L shapes from waist level up to the body.

**BECOME:** Hold palms together like in a clap but parallel to the ground on the right hand side. Then switch over to the left hand side and move the palm that was on the bottom to the top and the palm on the top to the bottom with the palms staying in contact the whole time.

**NEARER PART 1:** Right hand up toward Deity with it sharply bent (like a square corner) left hand is down sharply bent and moves half of the distance up to the right hand.

**NEARER PART 2** : Continue the last sign by taking the right hand and moving it all the up to the left hand signifying becoming closer to God.

**TO THEE**: Both hands in F hand shape with the right hand up toward the place of Deity and the left hand at chest level. Then move the left hand upward to right hand and link the circles of the F hand shape together.

(HELP ME DEAR FATHER TO TRULY REPENT)

**HELP ME (FOR GOD TO HELP US)**: Right hand in fist shape with the thumb up. Left with a flat hand with palm up. Place right hand on the left palm up toward Deity and then move down towards chest.

**FATHER**: Both hands with fists and thumbs up. Right is on the forehead and the left is on right hand. Then they both open to the five hand shape as they move forward.

**FULLY**: Left hand is closed fist facing sideways. The right hand then moves and slides across the top of the fist moving towards the left arm signifying that the cup is full.

**REPENT**: Both hands in R hand shape crossed with the palms facing each other and parallel to the ground. Then switch the hands so that R that was on the bottom to the top and the R on the top to the bottom.

(MAKING THINGS RIGHT)

**MISTAKES**: Both hands are in the Y hand shape. Have the pinky of each hand alternate touching the chin once.

**RESOLVE**: Both hands with palms facing upward and a few inches apart. Then have the thumb of each hand touch the same hands fingers by starting with the pinky and finishing with the index finger and while having both hands move apart from one another.

(AND CHANGING MY WAYS)

**AND**: Right hand open hand with all fingers outstretched. Reach across to the left side of your body with open hand and then fingers gradually close together as it crosses the body back to the right side.

**CHANGING**: Both hands are in the X hand shape with the bottoms of the palms facing each other and touching. Then switch the hands so that X that was on the bottom to the top and the X on the top to the bottom.

**MY WAYS**: Both hands in C hand shapes with palm down. Then swinging both hands side to side simultaneously.

(HELP ME EACH DAY FATHER)

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