

I Lift My Hands - Hand Motions

Brooks Ritter and Phillip Miller

CCLI# 7096764

4/4 Time, Quarter note = 85-95 bpm



VERSE 1:

When I trip and fall, who's there to catch me?

Palms facing away, move hands forward & down, mime catching a football from a punt

When I feel alone, who is my friend?

Fold arms horizontally across torso, hold out hands as if questioning

Who wipes the tear of every eye,

Wipe both eyes on the beat

Who hears me when I pray at night, Oh Lord?

"Questioning hands," fold hands on pray

CHORUS:

Because You hold me in Your arms

Arms open, palms facing away, slowly hug yourself

I lift my hands to You

Lift hands

VERSE 2:

Whom shall I fear? My Lord is with me

Biting nails, fists on hips, confidently shaking head "yes"

Where could I go that He's not there?

Hold out right, then left hand; shrug shoulders with "questioning hands"

You carry through thick and thin

Catching punted football again

When I fall You pick me up again, Oh Lord!

Same as "trip and fall" and then go in reverse on "back again"

REPEAT CHORUS x2, vamp on E for 2 bars

BRIDGE:

Ba ba, ba ba da da ba ba,

Clap with the beat and sing along

Ba ba, da da ba ba (repeat 6x)

Clap with the beat and sing along

ALTERNATE CHORUS x2

Because You hold me in Your arms

Palms facing away, slowly hug yourself

Because You hold me in Your arms

Palms facing away, slowly hug yourself

Because You hold me in Your arms

Palms facing away, slowly hug yourself

I lift my hands to You

Lift hands