Psalm 1
with Hand Motions

1 Blessed is the one who does not
   Pat head - Hold up index finger - wag finger no
walk in step with the wicked
   walk in place - hands up like claws
or stand in the way that sinners take
   Fold arms and turn away
or sit in the company of mockers,
   Bend down, hands on knees - thumbs to temples, wag hands back & forth
2 but whose delight is in the law of the Lord,
   Hand on heart - write on palm - L shape w/ hand, move from shoulder to hip
and who meditates on his law
   Make a yoga pose - write on palm
day and night.
   Arms folded on top of each other, raise right arm up and then lower it down
3 That person is like a tree planted
   Make a circle with hands & hold it out in front of you (planting the tree)
by streams of water,
_Wiggle arm like water flowing by the tree_

which yields its fruit in season
_Open up arms above you like tree growing_

and whose leaf does not wither-
_Fold in arms to “wither”_

whatever they do prospers.
_Open up arms above you again but even wider_

4 Not so the wicked!
_Wag finger no - hands up like claws_

They are like chaff that the wind blows away
_Hit left palm and push off to the right_

5 Therefore the wicked will not
_Hold index finger up - hands up like claws - wag finger no_

stand in the judgment,
_Stand w/ arms by side, look up_

nor sinners in the assembly of the righteous
_Fold arms and turn away - prayer hands, look up to God_
6 For the Lord watches over

L shape w/ hand, from shoulder to hip - hand above eyes, look left to right -

the way of the righteous,

prayer hands, look up to God

but the way of the wicked

Point to ground - hands up like claws

leads to destruction.

Pound fist on palm