

Old Testament

Book	Action	Reason
Genesis	Both arms extended in dome over head.	God created the heavens and earth. Gen. 1:1
Exodus	"Egyptian Exit Stance"	Exit of God's People from Egypt
Leviticus	Palms together in prayer lifted to heaven	Laws about offerings and sacrifices
Numbers	Hold up three fingers of right hand	Taken from the three numberings of God's people
Deuteronomy	Right index finger points to forehead temple	A repeat of the laws to emphasize remembrance and obedience
Joshua	Pretend to hold a bow and draw back the string	Joshua the warrior leads the Israelites into the Promised Land
Judges	Left palm is open facing up, right first slap down. (Like a judge's gavel.)	Israel is ruled by judges during pre-king period.
Ruth	Two fingers of right hand make a flip curl in back of head.	God preserves the line of Christ through Ruth the Moabitess.
I & II Samuel	Right hand makes a "beard" motion from chin after holding up one finger then two, saying "first and second".	Written by the prophet Samuel. He anoints Israel's first two kings
I & II Kings	Both hands pretend to place a crown on your head, after holding up one finger then two, saying "first and second".	History of the kinds of Israel and Judah.
I & II Chronicles	Pretend to be opening a newspaper (a chronicle).	History of Judah's kings.
Ezra	Right index finger points and pretends to count heads.	Numbering the people to return to Jerusalem and rebuild the temple.
Nehemiah	Slap right fist on open left palm then smooth R across L palm. (Brick-laying)	Nehemiah leads people back to Jerusalem to rebuild the wall around the city.
Esther	Right index finger circles above head. (Crown)	Esther, a Jewish Queen in Persia saves her people from being destroyed.
Job	Both hands cover face, head is bowed.	Job suffers tremendous loss.
Psalms	Both hands lifted up to heaven.	A book of praise to God.
Proverbs	Both hands reach to the left and snatch "wisdom" back towards body.	"Get Wisdom"
Ecclesiastes	Both hands throw "wisdom" back towards left.	Solomon explains when one does not use God given wisdom.
Song of Solomon	Right hand over heart. (sigh while saying "Song of Solomon")	A love story
Isaiah	Right hand over eyes like a salute.	I saw the Lord. Is. 6:1
Jeremiah	Right arm extended out front and index finger pointing.	Jeremiah warns Judah of doom for their disobedience.
Lamentations	Right hand index finger draws a tear down cheek from right eye.	Jeremiah weeps over Jerusalem being destroyed.
Ezekiel	Right index finger draws the shape of a wheel in the air.	Ezekiel dreams of fiery wheels among other things.
Daniel	Head rests on both hands (towards left) as if sleeping	Daniel interprets dreams and has dreams of his own.
Hosea	Right arm motions "cracking a whip".	Hosea reminds Israel of God's judgment for disobedience.
Joel	Cross arms over chest scratching forearms with fingers	A plague of locusts is a judgment from God.
Amos	Hands are used in a "card-dealing" motion. (passing out money)	Amos was a herdsman. The only prophet we know who had his own income.
Obadiah	Both arms up with hands spread, as if shielding oneself from punishment.	Obadiah explains the fate of any nation who goes against God's people.
Jonah	Plug nose with right forefinger and thumb.	Jonah disobeys God and is swallowed by a fish.
Micah	Make "cradle" motion with both arms.	Prophecy of Christ's birth. (Mic. 5:2)
Nahum	Head down, fold both hands across back of neck.	Nahum pronounces God's judgment on Nineveh.
Habakkuk	Fold hands and raise them to the sky.	Habakkuk sings a song of praise. (Chapter 3)
Zephaniah	Pretend to sneeze as you say "Zephaniah".	"I will sweep the nations..." Zeph 1:2
Haggai	Fold hands into church and steeple and life up.	Rebuilding the temple.
Zechariah	Thumbs up	Although Judah is in hard times now, when the Messiah comes everything will be "ok".
Malachi	Both hands draw a mask design over eyes (like a robber).	Malachi sights God's anger over His people "robbing" Him of what He has given them.