

Your Power Will Pull Us Through (Theme Song)

We trust, we trust, we trust in you, Jesus. (*Raise arms up to left; point up with right hand*)

You're all, you're all, you're all that we need. (*Put right arm out, then left; circle arms up and over through center and then out to the sides*)

Your power will pull us through. (*Muscleman arms; reach down to the front with right arm; pull fist up behind shoulder*)

We're trusting in you! (*Sign for trust: reach up, pull fists toward you on right side; point up*)

We're trusting in you! (*Sign for trust: reach up, pull fists toward you on right side; point up*)

You give us hope and life that's forever. (*Pound right fist into left palm 3x; circle arms up and over through center and out to sides*)

You make us bold, (*Pump arms up while jumping 3x*)

And we stand together. (*Fists on hips, turn body to right, then left*)

Your power will pull us through. (*Muscleman arms; reach down to the front with right arm; pull fist up behind shoulder*)

We're trusting in you! (*Sign for trust: reach up, pull fists toward you on right side; point up*)

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We're off on this journey; there's no looking back. (*Sweep body to right with hand shading eyes; turn to left, lean back with palms pushing out*)

With Jesus to lead us, we're on the right track. (*With hands waist level, move arms side to side 2x*)

Ohh, ohh. (*Spin around to the right one turn; spin back around to the left one turn with arms out*)

Wide open spaces for wide open eyes. (*Sweep body to right then left, with hand shading eyes*)

We're looking ahead for the next big surprise. (*Raise arms up in front, pointing forward; then point up*)

Ohh, ohh. (*Palms up, press upward; spin around to the right one turn; spin back around to the left one turn with arms out*)

We trust, we trust, we trust in you, Jesus. (*Sign for trust: reach up, pull fists toward you on right side 3x; point up*)

You're all, you're all, you're all that we need. (*Sweep right hand from left to right, then left hand from right to left; circle arms up and over through center and out to sides*)

Your power will pull us through. (*Muscleman arms; reach down to the front with right arm; pull fist up behind shoulder*)

We're trusting in you! (*Sign for trust: reach up, pull fists toward you on right side; point up*)

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You make us bold, (*Pump arms up while jumping 3x*)

And we stand together. (*Fists on hips, turn body to right, then left*)

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Ohh, ohh. (Spin around to the right one turn; spin back around to the left one turn with arms out)

Wide open spaces for wide open eyes. (Sweep body to right then left, with hand shading eyes)

We're looking ahead for the next big surprise. (Raise arms up in front, pointing forward; then point up)

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We trust, we trust, we trust in you, Jesus. (Sign for trust: reach up, pull fists toward you on right side 3x; point up)

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Everywhere I Go

Everywhere I go on this road, high and low, (Hold right palm out to right; hold left palm out to left; chop hands to front 2x; reach up, reach down)

Where I go, I go with you. (Point to right with left hand; point to left with right hand; point up with both hands)

So I won't be afraid, this my hope, come what may, (Cross both arms in front of you 2x; pound right fist into left palm)

Where I go, I go with you. (Point to right with left hand; point to left with right hand; point up with both hands)

Where I go, I go with you. (Point to right with left hand; point to left with right hand; point up with both hands)

There's a Spirit I cannot contain. (Sweep right hand out, then over heart, then same with left hand)

There's a Spirit I cannot contain. (Pull right hand away and out to side, then same with left hand)

The same power that raised Jesus up from the grave, (Move fists slowly up into muscleman arms; turn to left, then to right)

The same Spirit I cannot contain. (Sweep right hand out, then hand over heart, then same with left hand; pull right hand away and out to side, then same with left hand)

Everywhere I go on this road, high and low, (Hold left palm out to left; then hold right palm out to right; chop hands to front 2x; reach up, reach down)

Where I go, I go with you. (Point to right with left hand; point to left with right hand; point up with both hands)

So I won't be afraid, this my hope, come what may, (Cross both arms in front of you 2x; pound right fist into left palm)

Where I go, I go with you. (Point to right with left hand; point to left with right hand; point up with both hands)

Ohh-oh, oh, ohh-oh-oh, where I go, I go with you. (Punch right fist in air while jumping, then same with left, and back to right; point to right with left hand; point to left with right hand; point up with both hands)

Ohh-oh, oh, ohh-oh-oh, where I go, I go with you. (Punch right fist in air while jumping, then same with left, and back to right; point to right with left hand; point to left with right hand; point up with both hands)

Breath upon these bones, (Hug yourself while turning side to side)

Your fire in my soul. (Cross hands over heart, turning side to side)

Your kingdom is my home, (Look up, raise left palm up high)

And I don't walk alone. (Cross hands in front and out to sides 2x)

Everywhere I go on this road, high and low, (Hold left palm out to left; then hold right palm out to right; chop hands to front 2x; reach up, reach down)

Where I go, I go with you. (Point to right with left hand; point to left with right hand; point up with both hands)

So I won't be afraid, this my hope, come what may, (Cross both arms in front of you 2x; pound right fist into left palm)

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So I won't be afraid, this my hope, come what may, (Cross both arms in front of you 2x; pound right fist into left palm)

Where I go, I go with you. (High-five a friend)

Where I go, I go with you. (Freestyle)

Where I go, I go with you.

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Power in the Blood

Ohh, ohh, ohh (Roll fists to sides while wiggling hips; heel-toe, heel-toe, side to side 4x)

Would you do service for Jesus your King? (Left palm out to side; right palm out to side; motion hands one over the other, then to head like a crown)

There's pow'r in the blood, pow'r in the blood. (Muscleman arms; motion hands one over the other 2x)

Would you live daily his praises to sing? (Left palm out to side; right palm out to side; hands to mouth like shouting)

There's wonderful pow'r in the blood. (Pull hands up slowly in front of body into muscleman arms; motion hands one over the other)

There is pow'r, pow'r, wonder-working pow'r (Left arm muscleman, then right arm muscleman; punch fists to front, right, left, right, left)

In the blood of the Lamb; (Motion hands one over the other 4x; then fists out to sides)

There is pow'r, pow'r, wonder-working pow'r (Left arm muscleman, then right arm muscleman; punch fists to front, right, left, right, left)

In the precious blood of the Lamb. (Motion hands one over the other 4x; then fists out to sides)

Ohh, ohh, ohh (Roll fists to sides while wiggling hips; heel-toe, heel-toe, side to side 4x)

Would you do service for Jesus your King? (Left palm out to side; right palm out to side; motion hands one over the other, then to head like a crown)

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In the precious blood of the Lamb. (Motion hands one over the other 4x; then fists out to sides)

Ohh, ohh, ohh (Roll fists to sides while wiggling hips; heel-toe, heel-toe, side to side 4x)

Power Shuffle

I feel it in the air right now. (*Spread one arm wide, then other arm*)

It's all around, I see it everywhere. (*Both hands above eyes, look around*)

It's the power, yeah, yeah, God's power. (*Make muscleman arms*)

It's the power to move any star. (*Muscleman arms; motion one arm up and other down, spreading fingers wide like stars*)

It's the power to heal your broken heart. (*Muscleman arms; make heart with hands, then pull apart*)

It's the power, yeah, God's power. (*Make muscleman arms*)

So don't hold back, no, don't hold still. (*Both palms out in front, move arms out to side*)

'Cause God is here, and he is real. (*Motion "God" by raising one hand high, bringing back down; then point up*)

Take four steps to the left, to the left. 1, 2, 3, 4. (*Step, clap, step, clap, step, clap, step, clap*)

Turn it around and move to the right. (*Turn in a circle, point to the right*)

1, 2, 3. (*Step, clap, step, clap, step, clap*)

Now take tiny little jumps, four to the front.

1, 2, 3, 4. (*Jump, clap, jump, clap, jump, clap, jump, clap*)

Four jumps back, but you better look back. (*Look back*)

1, 2, 3, 4. (*Jump, clap, jump, clap, jump, clap, jump, clap*)

Now freeze, and everybody clap your hands. (*Freeze; clap hands*)

Now stop. (*Freeze*)

I feel it in the air right now. (*Spread one arm wide, then other arm*)

It's all around, I see it everywhere. (*Both hands above eyes, look around*)

It's the power, yeah, yeah, God's power. (*Make muscleman arms*)

It's the power to move any star. (*Muscleman arms; motion one arm up and other down, spreading fingers wide like stars*)

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Turn it around and move to the right. (*Turn in a circle, point to the right*)

1, 2, 3. (*Step, clap, step, clap, step, clap*)

Now take tiny little jumps, four to the front.

1, 2, 3, 4. (*Jump, clap, jump, clap, jump, clap, jump, clap*)

Four jumps back, but you better look back. (Look back) Let's do it all again right now.

Take four steps to the left, to the left. 1, 2, 3, 4. (*Step, clap, step, clap, step, clap, step, clap*)

Turn it around and move to the right. (*Turn in a circle, point to the right*)

1, 2, 3. (*Step, clap, step, clap, step, clap*)

Now take tiny little jumps, four to the front.

1, 2, 3, 4. (*Jump, clap, jump, clap, jump, clap, jump, clap*)

Four jumps back, but you better look back. (Look back)

1, 2, 3, 4. (*Jump, clap, jump, clap, jump, clap, jump, clap*)

Now freeze, and everybody clap your hands. (*Freeze; clap hands*)

Now stop. (*Freeze*)

This Train Is Bound for Glory

This train is bound for glory, this train. (Arms bent at waist, hands flat, making train motion; hands spread out to front; then raise hands up high; then train motion)

This train is bound for glory, this train. (Arms bent at waist, hands flat, making train motion; hands spread out to front; then raise hands up high; then train motion)

This train is bound for glory. (Arms bent at waist, hands flat, making train motion; hands spread out to front; then raise hands up high)

Jesus made a place in heaven for me. (Spread arms out wide and high)

This train is bound for glory, this train. (Arms bent at waist, hands flat, making train motion; hands spread out to front; then raise hands up high; then train motion)

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(Freestyle)

In You Alone

God of heaven and earth, you are amazing. (Reach left hand up and back down; cross in front and spread both arms out wide)

You hold me up with your hand, you give me faith, (Hold left palm up with elbow bent; bring left hand to heart, then right hand)

And I will put my hope in you alone, (Pound left fist into right palm; point up with left hand)

In you alone. (Keeping left hand pointing up, point up with right hand)

God of heaven and earth, you are amazing. (Reach left hand up and back down; cross in front and spread both arms out wide)

You hold me up with your hand, you give me faith, (Hold left palm up with elbow bent; bring left hand to heart, then right hand)

And I will put my hope in you alone, (Pound left fist into right palm; point up with left hand)

In you alone. (Keeping left hand pointing up, point up with right hand)

I will put my hope in you, Lord. (Hold left fist in front of heart; then move right fist in front of heart; pound left fist into right palm; point up with left hand)

You alone are (Keeping left hand pointing up, point up with right hand)

Everything I need. (Spread arms out wide)

My hope is in you alone, (Pound left fist into right palm; point up with left hand)

In you alone. (Keeping left hand pointing up, point up with right hand)

I will put my hope in you, Lord. (Hold left fist in front of heart; then move right fist in front of heart; pound left fist into right palm; point up with left hand)

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God of heaven and earth, you are amazing. (Reach left hand up and back down; cross in front and spread both arms out wide)

You hold me up with your hand, you give me faith, (Hold left palm up with elbow bent; bring left hand to heart, then right hand)

And I will put my hope in you alone, (*Pound left fist into right palm; point up with left hand*)

In you alone. (*Keeping left hand pointing up, point up with right hand*)

God of heaven and earth, you are amazing. (*Reach left hand up and back down; cross in front and spread both arms out wide*)

You hold me up with your hand, you give me faith, (*Hold left palm up with elbow bent; bring left hand to heart, then right hand*)

And I will put my hope in you alone, (*Pound left fist into right palm; point up with left hand*)

In you alone. (*Keeping left hand pointing up, point up with right hand*)

Lions

Today we live, today we breathe, (*Pointer fingers point to each other; then circle arms up; cross hands in front of heart, move in and out*)

Today we know that we are strong when we are weak. (*Muscleman arms; then move hands down to sides, palms forward*)

Today we trust, we overcome, (*Right hand thumbs-up in left palm; cross arms in front, then spread out wide*)

Take every chain that kept us slaves and throw 'em off. (*Hold left forearm with right hand; then arms down, push backward with both arms to the left*)

We're not waiting for permission. (*Hold left arm out to side*)

We defy our inhibition, (*Hold right arm out to side*)

Like our middle name is "fearless," (*Cross fists over heart*)

Unafraid. (*Raise both arms up wide*)

If we're gonna fly, we fly like eagles, (*With airplane arms, turn around once to the right*)

Arms out wide. (*Spread arms out wide, first left, then right*)

If we're gonna fear, we fear no evil. (*Cross fists in front of heart*)

We will rise. (*Raise both arms up wide*)

By your power, we will go. (*Left muscleman arm; then point forward*)

By your Spirit, we are bold. (*Right muscleman arm; then point forward*)

If we're gonna stand, we stand as giants. (*Hold left arm out to side, palm forward; then hold right arm out to side, palm forward*)

If we're gonna walk, we walk as lions. (*Hold hands with friends, walking motion; hold arms up high while still holding hands*)

Ohh, ohh, ohh, oh. (*Sway side to side, arms loosely down by sides*)

Today we live, today we breathe, (*Pointer fingers point to each other; then circle arms up; cross hands in front of heart, move in and out*)

Today we know that we are strong when we are weak. (*Muscleman arms; then move hands down to sides, palms forward*)

Today we trust, we overcome, (*Right hand thumbs-up in left palm; cross arms in front, then spread out wide*)

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Ohh, ohh, ohh, oh. (*Sway side to side, arms loosely down by sides*)

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We Can Trust Him (Psalm 33:4)

If there's one thing we can count on, (Point while circling right arm in front of you; bring fist to chest)

It's that God will never let us down, and (Point up; then palm facing down, move arm downward like steps)

We can trust everything he does. (Sign for trust: reach up, pull fists down toward you on right 2x)

He keeps his promises. (Pound right fist into left palm)

We know because (With right hand, point to temple, nodding)

Yeah, the Word of the Lord holds true. (Jump, punching fist in air; hold palms facing up and together, out before you, moving side to side)

We can trust him. (Sign for trust: reach up, pull fists down toward you on right)

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We can trust him. Yeah! (Sign for trust: reach up, pull fists down toward you on right)

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The Old Rugged Cross

On a hill far away stood an old rugged cross, (*Sway back and forth with one hand shading eyes; make a cross with forearms*)

The emblem of suffering and shame. (*Move left hand over face and downward, making "s" motion; then move right hand slowly down across front*)

And I love that old cross where the dearest and best (*Make a cross with forearms; bring right hand to heart, then left hand*)

For a world of lost sinners was slain. (*Spread arms open wide; face palms downward and softly press down*)

So I'll cherish the old rugged cross (*Cup hands before you; make a cross with forearms*)

Till my trophies at last I lay down. (*Hold left hand up high, palm facing inward; bring it down slowly*)

And I will cling to the old rugged cross (*Grasp imaginary rope with both hands and pull down on right side; make a cross with forearms*)

And exchange it some day for a crown. (*Move arms left and right like waves; then bring hands to head like a crown*)

On a hill far away stood an old rugged cross, (*Sway back and forth with one hand shading eyes; make a cross with forearms*)

The emblem of suffering and shame. (*Move left hand over face and downward, making "s" motion; then move right hand slowly down across front*)

And I love that old cross where the dearest and best (*Make a cross with forearms; bring right hand to heart, then left hand*)

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So I'll cherish the old rugged cross (*Cup hands before you; make a cross with forearms*)

Till my trophies at last I lay down. (*Hold left hand up high, palm facing inward; bring it down slowly*)

And I will cling to the old rugged cross (*Grasp imaginary rope with both hands and pull down on right side; make a cross with forearms*)

And exchange it some day for a crown. (*Move arms left and right like waves; then bring hands to head like a crown*)

And I will cling to the old rugged cross (*Grasp imaginary rope with both hands and pull down on right side; make a cross with forearms*)

And exchange it some day for a crown. (*Move arms left and right like waves; then bring hands to head like a crown*)

The Same Power

The same power that rose Jesus from the grave, (Left muscleman arm; then push left arm up and out with palm outward)

The same power that commands the dead to wake (Right muscleman arm; then push right arm up and out with palm outward)

Lives in us, lives in us. (Hands over heart, move in and out)

The same power that moves mountains when he speaks, (Left muscleman arm; then arms overhead in triangle shape)

The same power that can calm a raging sea (Right muscleman arm; then make wave motion with right arm)

Lives in us, lives in us. (Hands over heart, move in and out)

He lives in us, lives in us. (Hands over heart, move in and out)

We have hope (Pound right fist into left palm)

That his promises are true. (Keeping fist in palm, nod head)

In his strength (Muscleman arms)

There is nothing we can't do. (Chop air with arms, shaking head no)

Yes, we know (Point to head with both hands)

There are greater things in store. (Raise both arms upward)

We will not be overtaken. (Keeping right arm up, move left arm down)

We will not be overcome. (Arms out to side, sway back and forth)

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