

Exercise and Praise

- Revd Kit Gunasekera

Even in these different times there is much to praise God for.
The song 'Oh! How good is the Lord' is a vehicle for both, physical and spiritual exercises.

Maggie and I and Jo, when three, learned the actions from a PE teacher who was organising a Christian House Party in Harrogate and leading worship songs.

Oh, Oh , Oh --- how good is the Lord
(Touch toes knees hips shoulders hands above head)

Oh, oh, oh , how good is the Lord

Oh, oh ,oh, how good is the Lord

I never will forget what he has done for me.

(Clap hands)

Verse 1

He gives me salvation, how good is the Lord,

He gives me salvation, how good is the Lord

He gives me salvation, how good is the Lord,

I never will forget what he has done for me.

2. He gives me His blessings

3. He gives me His Spirit

4. He gives me His healing

5. He gives me His glory

Other suitable verses can be added. He gives us each other / His body / His freedom; or how about doctors, nurses you choose .

You can listen to it here - <https://www.youtube.com/watch?v=RelUpx2SanQ>

Praise God , have fun.

Sound of Living Waters no.6 Anon

A couple of other actions songs:

Great big God - https://www.youtube.com/watch?v=-424MpB_pd0

Praise is rising - https://www.youtube.com/watch?v=NSBR-r9B_94