**Motions to the Apostles Creed**

 The Apostle’s Creed is too long and complex for young children to memorize so using motions help the children begin to listen to and process what is being said and highlight the words for the congregation. You can use these motions anytime.

(I am using these motions on Palm Sunday so the children will do the motions with their palms in their hands. After the children process in and wave their Palms using the Alpha and Omega and “X” Motions (<https://youtu.be/y7IRKC6by8k>) they will use these motions as the Apostles Creed is spoken by the congregation.)

**The Apostles Creed:**

*(Children hold their arms by their sides and slowly lift them to a praise position …lifted up to heaven!)*

**I believe in God, the Father Almighty,  
maker of heaven and earth;**

*(Hold arms in praise position)*

**And in Jesus Christ his only Son, our Lord;  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,**

*(Slowly move down as Jesus is killed and dies)*  
**suffered under Pontius Pilate,  
was crucified, dead, and buried;\*  
the third day he rose from the dead;**

*(Slowly move hands up to praise position)*  
**he ascended into heaven,  
and sitteth at the right hand of God the Father Almighty;  
from thence he shall come to judge the quick and the dead.**

*(Keep hands, move palms to the left and hold left)***I believe in the Holy Spirit,**

*(Keep hands overhead, move palms to the right and hold right)*

**the holy catholic\*\* church,**

*(Keep the hands overhead, Move palms to the left and hold left)***the communion of saints,**

*(Keep the hands overhead, move palms to the right and hold right)*

**the forgiveness of sins,**

*(Keep the palms overhead, Move palms to the left and hold left)***the resurrection of the body,**

*(Wave palms crazily!!!!)*  
**and the life everlasting. Amen**