













My Hands Can Be Reverent at Church

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To help show your love to Heavenly Father and Jesus, you should be reverent in church. What you do with your hands is an important part of reverence. The pictures show you what your hands should be doing in church.

1. Your hands should be still when it's time to listen.
2. Your hands should be folded when it's time for prayer.
3. Your right hand should carefully take the Sacrament.
4. Your hand should be raised when you have something to say.
5. Your hand should be held by those you love.
6. Your hand should quietly open and close doors.

Gospel topic: reverence