

Proverbs 17:22

(Tune: From Hide'Em In Your Heart Songs, Volume 2 by Steve Green)



A joyful heart is good medicine,
good medicine.

A joyful heart is good medicine,
but a crushed spirit
dries up the bones.

Proverbs 17:22

Accompanying Motions:

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| <i>joyful</i> | <i>Make your right hand flat and touch your chest/heart. Move it up toward your chin, repeating the motion a few times, touching your chest each time.</i> |
| <i>heart</i> | <i>Point to your heart.</i> |
| <i>good</i> | <i>Move your right hand from your mouth to your other hand which is flat, palm side up. It is as if you have just tasted something that was good and now you want to share it with others.</i> |
| <i>medicine</i> | <i>Use the middle fingertip of your right hand to press and mix up medicine in the flat, palm up, left hand.</i> |
| <i>crushed spirit</i> | <i>Make shoulders and arms limp and droopy. Tilt head to the side and make a sad face.</i> |