

At the Cross

Verse 2

Was it for crimes that I had done
He groaned upon the tree?
Amazing pity, grace unknown,
And love beyond degree!

Refrain

At the cross, at the cross where I first saw the light,
And the burden of my heart rolled away,
It was there by faith I received my sight,
And now I am happy all the day.

Verse 3

Well might the sun in darkness hide,
And shut his glories in,
When Christ the mighty Maker died,
For man, the creature's sin. *Refrain*

about this hymn:

Words: Isaac Watts Music: Ralph E. Hudson

Long ago, a man named Isaac Watts was thinking about this Bible truth, too. He wrote the words to a hymn called "At the Cross" We're going to learn a few verses from it.

Because we are all lawbreakers, we deserve God's eternal punishment. There will never be anything we can do to earn back eternal life with God. But at the cross where Jesus, the perfect law keeper gave up His life as the payment for all who would ever turn from their sins and trust in Him, that we can find forgiveness and eternal life. By His perfect sacrifice, all of "crimes" and "burdens" can be "rolled away" forever. What amazing love! What grace-what kindness that we never deserved! That Jesus, the very Son of God, through whom all things were made, would choose to come suffer and die on the cross to save sinful creatures like you and me. All who have Jesus as their Savior do have reason to be happy all the day, every day! There's is eternal life with God!

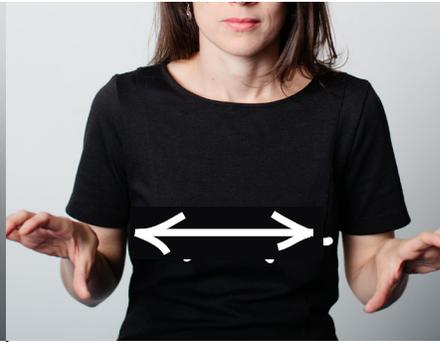
At the Cross, v.2

PFI ESV Songs 7, Track 11



Crimes

Both "X" hands, held near sides with palms facing up, move upward and outward in circles simultaneously.



Done

Move open hands, palms down side to side at the same time.



Groaned

Clenched hands are held over heart and twisted back and forth a few times.



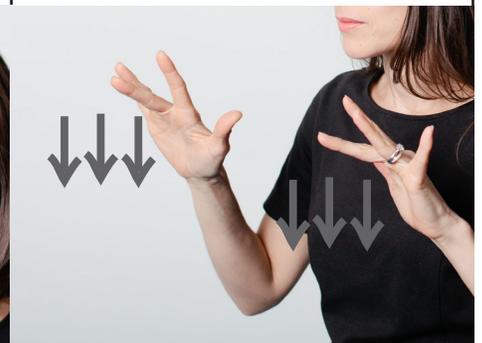
Tree

Elbow of right arm is placed on back of left hand, with right fingers pointed up. Right wrist is twisted as right fingers are wiggled. (Simulating tree trunk and branches swaying in the wind.)



Amazing

Move right "5" hand, back in forth in front of face a few times.



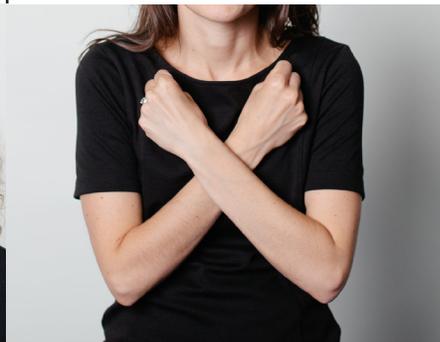
Pity

Both "5" hands, palms facing forward and middle fingers bent forward, make a downward stroke several times.



Grace

Begin with fingertips of right hand touching, palm facing forward. Twist wrist around, bringing hand down and palm facing body, while at the same time opening up the fingers and flattening the hand.



Love

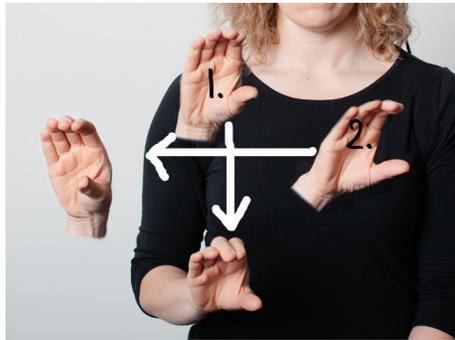
Fists are crossed on chest, palms facing body.



Beyond

Right "A" hand, thumb up is placed slightly behind left "A" hand, thumb up; then, is moved up and over left hand, then forward.

At the Cross, vs.2, continued (Refrain)



Cross

Right "C" hand moves horizontally from left to right, then up and down. (Tracing out the two beams of wood of the cross.)



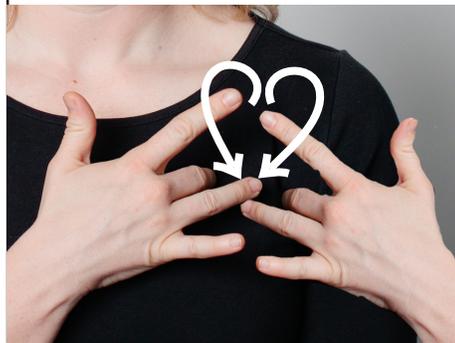
Light

Hold both hands at chest level, fingertips together. Open hands into "5" hands as they move up and out to the side, palms facing out.



Burden

Place fingertips of both hands on right shoulder, bearing down.



Heart

Middle fingers are used to traced out the shape of a heart on upper left chest.



Faith

Right index finger touches forehead. Then, right "F" hand, palm facing in, hits left "F" hand, palm facing in, in a down-up-down motion, ending with right thumb- index finger resting on left thumb-index finger.



Received

Open hands, palms, facing body, are held away from chest, right hand over the left. Both hands are brought towards body, ending with "S" hands, with pinky side of right hand resting on top of index-thumb side of left hand.



Sight

Index and middle finger of right "V" hand, palm facing in, are placed near eyes then moved forward.



Happy

Left arm, palm down, faces right with index finger extended and touching elbow of right arm, which points up with index finger extended up. Right arm is then pivoted down in an arc until it rests just above left elbow.



Day

Both upturned "5" hands are held side by side in front of chest. Bring both hands in, drawing in the fingers slightly to a grasping position.



Sun

Left flat hand rests on back of right flat hand. Right flat hand is then brought up and around left hand and pivots so that back of right hand rests in left palm.



Hide

Right "A" hand, palm facing in, is brought up to rest under left flat hand.



Shut In

Both flat hands are held at sides,, then brought together in front of body, palms facing forward.



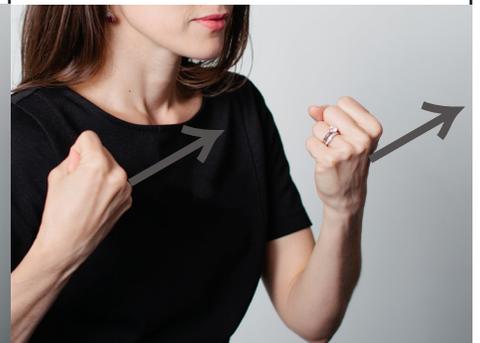
Glories

Middle finger of right hand touches upturned left flat hand, then is wiggled back and forth as it is raised up.



Christ

Right "C" hand is placed at right shoulder then moved down across chest, ending at right hip.



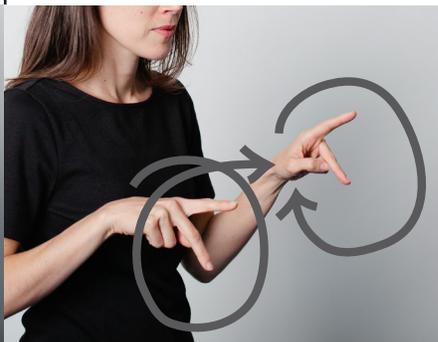
Mighty

Both "S" hands, palms facing body, are thrust forward and up in unison.



Died

Hold both flat hands in front of body with fingertips pointing forward, right flat hand palm up and left flat hand palm down. Flip both over towards the left until the right palm is face down and the left palm is face up.



Man

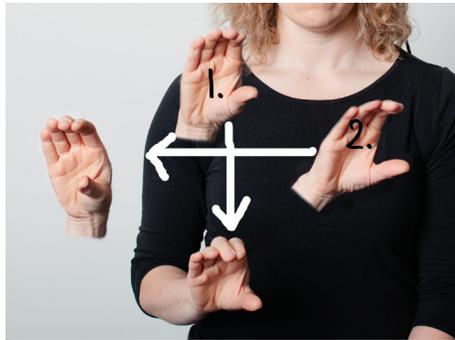
"P" hands, held side by side, make alternating forward circles.



Sin

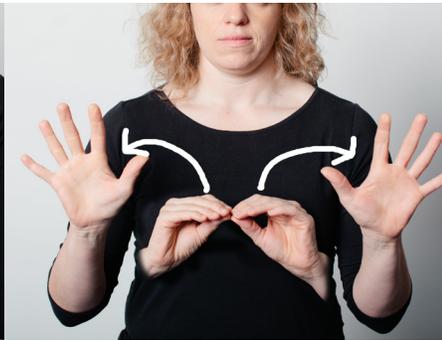
Both "X" hands, held near sides with palms facing up, move upward and outward in circles simultaneously.

At the Cross, vs.3, continued (Refrain)



Cross

Right "C" hand moves horizontally from left to right, then up and down. (Tracing out the two beams of wood of the cross.)



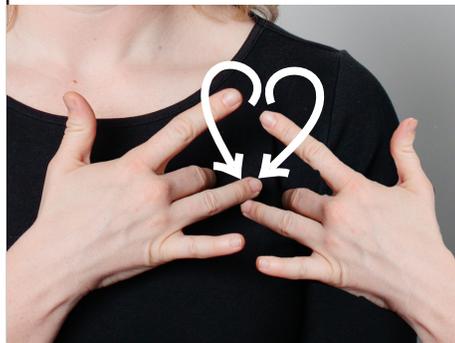
Light

Hold both hands at chest level, fingertips together. Open hands into "5" hands as they move up and out to the side, palms facing out.



Burden

Place fingertips of both hands on right shoulder, bearing down.



Heart

Middle fingers are used to traced out the shape of a heart on upper left chest.



Faith

Right index finger touches forehead. Then, right "F" hand, palm facing in, hits left "F" hand, palm facing in, in a down-up-down motion, ending with right thumb- index finger resting on left thumb-index finger.



Received

Open hands, palms, facing body, are held away from chest, right hand over the left. Both hands are brought towards body, ending with "S" hands, with pinky side of right hand resting on top of index-thumb side of left hand.



Sight

Index and middle finger of right "V" hand, palm facing in, are placed near eyes then moved forward.



Happy

Left arm, palm down, faces right with index finger extended and touching elbow of right arm, which points up with index finger extended up. Right arm is then pivoted down in an arc until it rests just above left elbow.



Day

Both upturned "5" hands are held side by side in front of chest. Bring both hands in, drawing in the fingers slightly to a grasping position.

The LORD Looks Down

The LORD looks down from heaven,
On the human race,
To see if there is one who's wise,
One who seeks God.
But all have turned away;
All alike have become corrupt.
There is no one who does good,
No, not even one.
Psalm Fourteen, two and three.

about this Bible verse:

Words adapted from Psalm 14:2,3, HCSB Constance Dever © 2011

Adam and Eve were created with hearts that sought after God. They were perfect law keepers who were not corrupt and did not turn aside from God. But after they rebelled, they and all their children after them turned aside. Yes, the LORD sees everything and knows everything. He knows what is in each of our hearts. We all have sinful hearts and do sinful things. We have all become corrupt with sin. None of us seek after God on our own. But praise God for sending Jesus to be the Savior of sinners like us! Praise God for sending His Holy Spirit to work in our hearts! God gives us hope! He can do in us what we could never do for ourselves!

The LORD Looks Down: Psalm 14:2,3

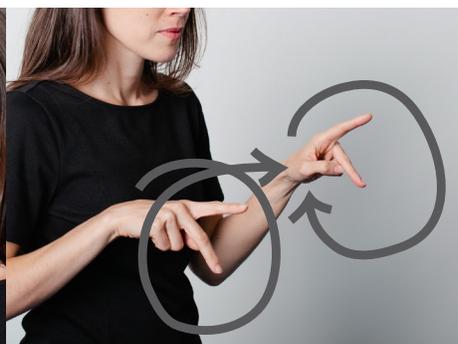
PFI ESV Songs 7, Track 13



Lord
Thumb of right "L" hand, palm facing left, touches left shoulder, then is brought down to touch right hip.



Looks, See
Index and middle finger of right "V" hand, palm facing in, are placed near eyes then moved forward.



Human Race
"P" hands, held side by side, make alternating forward circles.



Wise
Right "S" hand is placed on forehead, palm facing in. Right index finger extends up, making a "D" hand.



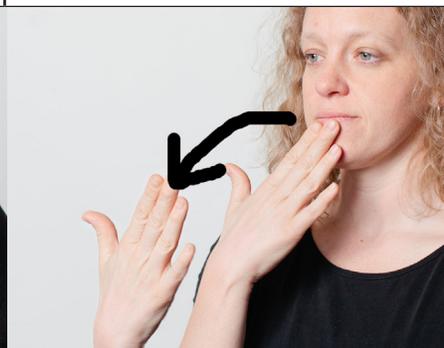
God
Right open hand, palm facing left, is held up above head level then brought down and back in a slight arc, ending with a "B" hand at the upper chest level.



Turned Away
Index fingers are held close together, pointing upward. Right index finger is then moved away to the right as if straying away.



Corrupt
Right hand, palm facing down, is placed under chin, fingers pointing left. Wiggle fingers a few times.



Good
Fingers of right flat hand are placed at lips, then brought forward. Some end this sign by resting the right hand in the upturned palm of the left flat hand.



One (Number)
Hold up right index, palm facing forward

All We Like Sheep

All we like sheep have gone astray;
We have turned—every one—to his own way;
And the LORD has laid on him, on him,
The iniquity of us all,
The iniquity of us all.

All we like sheep have gone astray;
We have turned—every one—to his own way;
And the LORD has laid on him, on him,
The iniquity of us all,
The iniquity of us all.
Isaiah Fifty-three, verse six.

about this Bible verse:

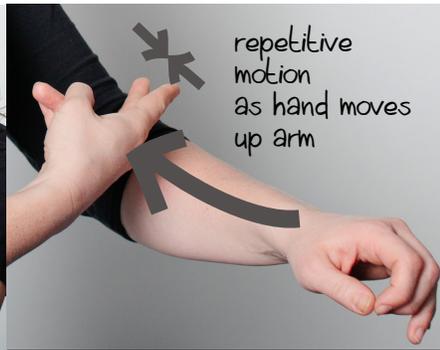
Words adapted from Isaiah 53:6, ESV Constance Dever © 2012

Sheep are animals who need a shepherd to lead them and keep them safe. Without a shepherd, they easily wander away on their own, getting lost, getting hurt or even getting eaten by another animal! God tells us in the Bible that people are like sheep. We have all wandered away from Him, our good shepherd. Left to ourselves, we will all eventually face the consequences of our turning away from Him: death!

But Jesus is the good shepherd of His people! He is God's Son, sent to rescue all who turn away from their sins and trust in Him as their Savior. Upon Him, the LORD laid all of our iniquity (our sins). That is, He paid for them when He suffered and died on the cross. He rose from the dead on the third day showing that He had really done it. So, instead of getting the punishment of death that they justly deserve for turning away from God, all who trust in Jesus are forgiven and receive eternal life with God.

All We Like Sheep: Isaiah 53:6, ESV

PFI ESV Songs 7, Track 14



All
Left flat hand rests on back of right flat hand. Right flat hand is then brought up and around left hand and pivots so that back of right hand rests in left palm

Sheep
Back of right "V" hand is placed on back of left forearm. Open and close right "V" fingers as they move up left forearm.

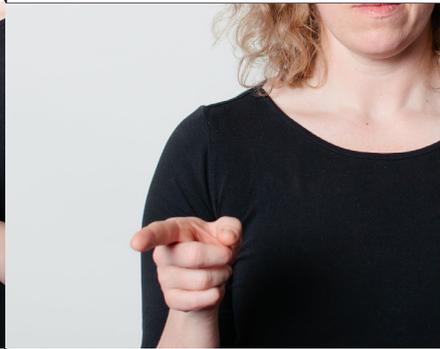
Astray, Turned Aside
Index fingers are held close together, pointing upward. Right index finger is then moved away to the right as if straying away.



Every
Left "A" hand is held in front of the body, palm facing right. Thumb and knuckles of right "A" hand are slide down thumb of left hand several times.

Way
Flat hands, palms facing each other, move forward and progressively closer.

Lord
Thumb of right "L" hand, palm facing left. touches left shoulder, then is brought down to touch right hip.



Laid
"O" hands are moved downward simultaneously.

Him
Point right index finger forward.

Iniquity
Hold up right index, palm facing forward

At the Cross, vs.2,3

D D G D A⁷ D A



1. A - las, and did my Sav - ior bleed, And did my Sov - reign die? Would
2. Was it for crimes that I had done He groaned up - on the tree? A -
3. Well might the sun in dark - ness hide, And shut his glo - ries in, When

5 D G D Em D A⁷ D A⁷sus D G D



He de - vote that sa - cred head For sin - ners such as I? At the cross, at the cross where I
maz - ing pit - y, grace un - known, And love be - yond de - gree!
Christ the might - y Mak - er died For man, the crea - ture's sin.

10 D A D A⁷ D



first_ saw the light, And the bur - den of my heart rolled a - way, It was

13 G D Bm Em A⁷ D A⁷ D



there by faith I re - ceived my_ sight, And now I am hap - py all the day!

Words: Isaac Watts Music: Ralph E. Hudson

The LORD Looks Down

Cm Ab Fm
 The LORD looks down from_ hea- ven_ on the hu - man
 4 G Cm Ab Fm G Cm
 race_ to see if there is_ one who is wise, one who seeks God. But
 9 Gm G Cm Gm Cm 3 F
 all have turned a - way; All a-like have be- come_ cor rupt, There is
 14 Cm Ab Fm G Cm
 no one who - does good, no, not ev - en one.
 18 Cm G Cm Cm(add9)
 Psalm Four - teen two and three.

Words: adapted from Psalm 14:2-3 HCSB Music: Constance Dever ©2012

All We Like Sheep

B \flat E \flat F B \flat E \flat

All we like sheep, have gone a-stray, we have turned, ev'ry-one, to his own

5 F(sus4) F B \flat E \flat B \flat F(sus4) F

way, and the LORD has laid, on Him, on him the i-ni-qui-ty of us

9 B \flat E \flat B \flat E \flat B \flat

all. All we like sheep, have gone a-stray; we have turned, ev'ry one to his own

14 F(sus4) F B \flat E \flat B \flat F(sus4) F Gm

way, and the LORD has laid, on him, on him, the i-ni-qui-ty of us all. the i-

19 B \flat F(sus4) F B \flat Gm E \flat F B \flat (sus4) B \flat

ni-qui-ty of us all. I - sai-ah Fif-ty-three, verse six.

Words: adapted from Isaiah 53:6 ESV Music: Constance Dever ©2012