

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:

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.

Words: Isaac Watts Music: Ralph E. Hudson

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 NIV Songs 7, Track 9



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.

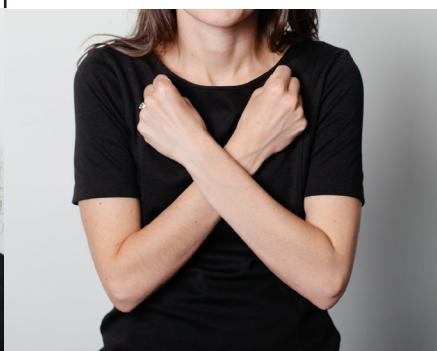
Groaned
Clenched hands are helded over heart and twisted back and forth a few times.



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.

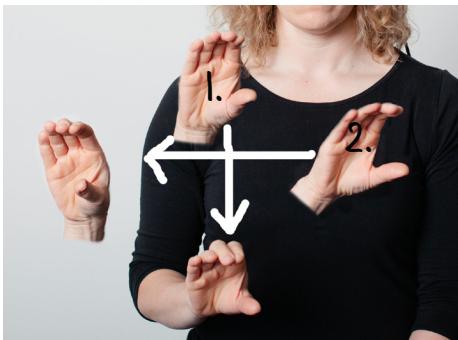


Grace
Begin with fingertips of right hand touching, palm facing forward. Twist wrist around, bringing hand down and palm facing body, while at the same time opening up the fingers and flattening the hand.

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**

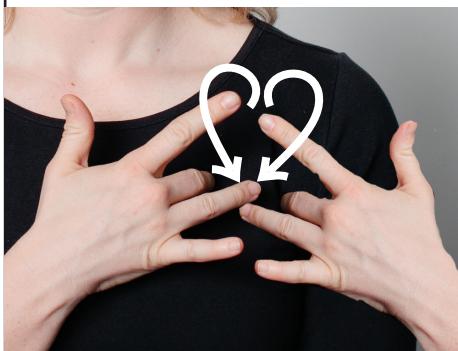
Right "C" hand moves horizontally from left to right, then up and down. (Tracing out the two beams of wood of the cross.)

**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**

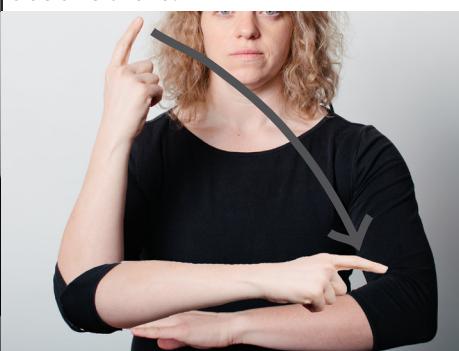
Open hands, palms, facing body, are held away from chest, right hand over the left. Both hands are brought towards body, ending with "S" hands, with pinky side of right hand resting on top of index-thumb side of left hand.

**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.

At the Cross, v.3**PFI NIV Songs 7, Track 10****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**

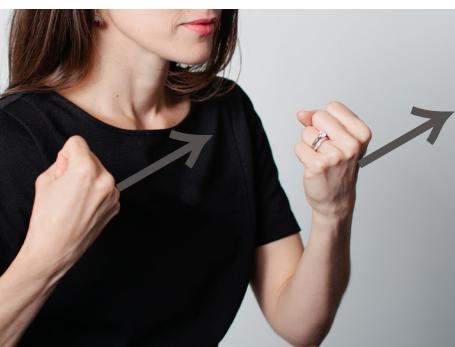
Both flat hands are held at sides, then brought together in front of body, palms facing forward.

**Glories**

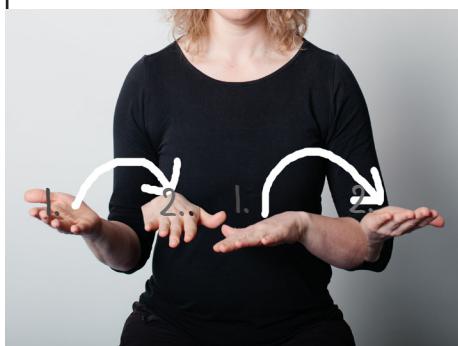
Middle finger of right hand touches upturned left flat hand, then is wiggled back and forth as it is raised up.

**Christ**

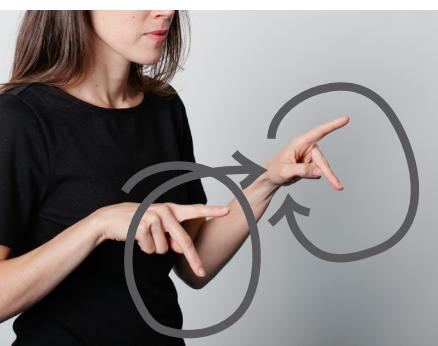
Right "C" hand is placed at right shoulder then moved down across chest, ending at right hip.

**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**

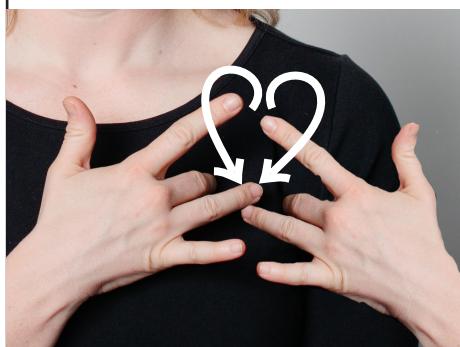
Right "C" hand moves horizontally from left to right, then up and down. (Tracing out the two beams of wood of the cross.)

**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**

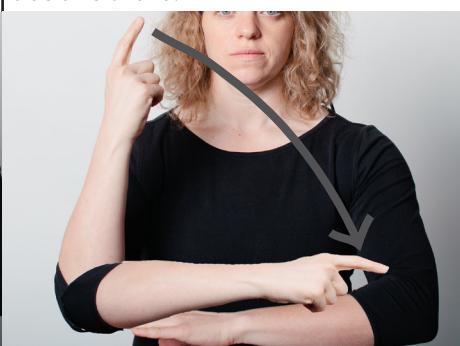
Open hands, palms, facing body, are held away from chest, right hand over the left. Both hands are brought towards body, ending with "S" hands, with pinky side of right hand resting on top of index-thumb side of left hand.

**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 sons of man,
To see if there are any who understand,
Any who seek God.
But all have turned aside;
They have together 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 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 became 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 NIV Songs 7, Track 11



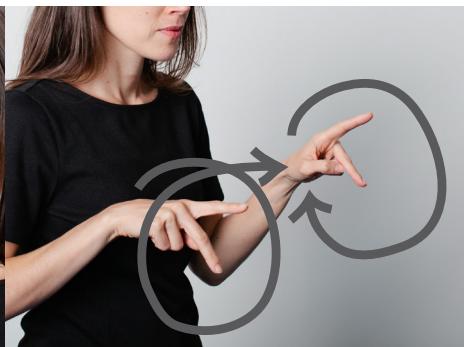
Lord

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



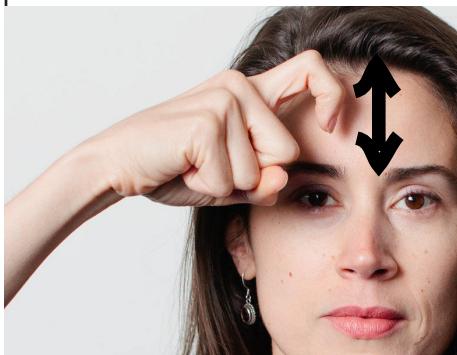
Looks, See

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



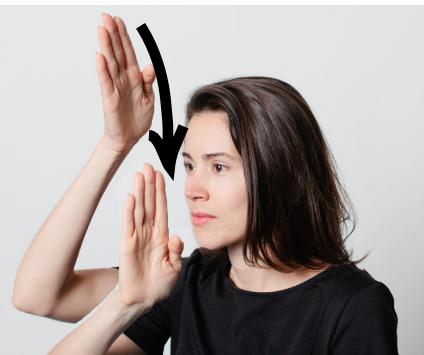
Sons of Men

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



Understand

Bent finger of right "X" hand is moved up and down several times. Make movement from the wrist.



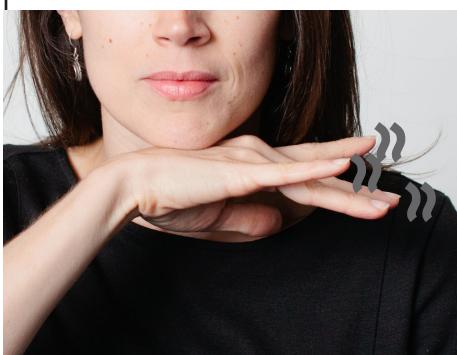
God

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 Aside

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



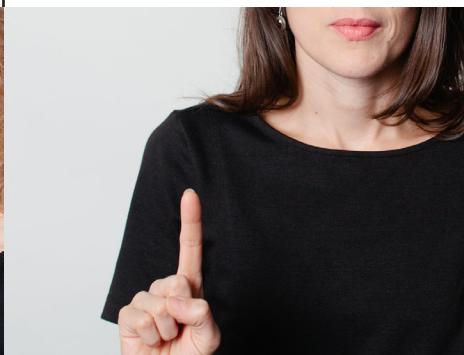
Corrupt

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

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 A^{7sus} 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

1 Cm A♭

The LORD looks down from hea ven on the sons of

5 G Cm A♭ Cm

men, to see if there are a - ny who un-der stand,

9 A♭ G Cm Gm G

a - ny who seek God. But all have turned a - side; they

13 Cm Gm Cm F Cm

have to - geth - er be - come cor - rupt, There is none who -

17 A♭ G Cm

does good, no, not ev - en one.

20 Cm B♭ Cm Cm(add9)

Psalm Four - teen two and three.

Words: adapted from Psalm 14:2-3, NIV 1984 Music: Constance Dever ©2012