



Using Your Hands In Messages

Rev. Henry Reyenga

The Importance of Body Language

Experts tell us body language accounts for between 55% and 65% of our communication.

<http://www.speaking-tips.com/Articles/Hand-Gestures.aspx>

Gesture Tips



- Gestures: use hands, arms, shoulders, torso, legs, feet or a combination of these.
- Hands are most common

Hand Gesture Tips



Appropriate hand gestures aid more:

- Understanding
- Retention
- Emotion
- Depth

Hand Gesture Tips



- Correctly used, hand gestures can help you say more in less time and show what you mean without having to resort to visuals.

Things to Avoid



- Holding your notes.
- Anxious hand gestures like gripping the pulpit, clenching hands, fiddling with clothing or touching a body part.

The Use of Hands in Your Message



- Begin: Show enthusiasm for being there
- Introduce new topics
- Act out the topic
- End

Check List of Hand Use



- Add to your sermon notes.
- Avoid same hand gesture over and over.
- Don't over do it. Unique to you is better.

Gesture Tips



- Practice new hand gestures.
- Gestures are a physical activity, you can not learn to do them by reading.

Gesture Tips



- Practice in a mirror or on a video.