



✓ Power Up

(Leader, spoken) One...two...three...four...

Do you hear the sound?

It's the sound of power!

(All, spoken) **Listen up!** This is the hour.

Time to say now I got the **power**

Power to do **good** and be great

'Cause I got the **power**, the power of faith.

Time to drop a rhyme about David

Just a boy but he was the **bravest**

Spent his days alone as a shepherd (Oh yeah)

Faced his fears in all kinds of weather

Bridge:

It's time to do good. (do good, do good)

It's time to seek peace. (seek peace, seek peace)

It's time to go now! (time to go, go after it)

Power's rising up, up, up!

Chorus:

So power up! Do good!

Power up! Seek peace!

Power up and go!

Power up! Go after it!

Power up! Do good!

Power up! Seek peace!

Power up and go!

Power up! Go after it!

Listen up! Say it with me.

God wants us all to what? **Seek peace!**

Peace like a calm and steady wind

What shows on the outside, starts within.

God put the power of faith inside.

David was small but he was **wise.**

Can't judge a book now by the cover

God chose David, not the others.

(Repeat bridge and chorus)

Go after it!

Free style dance

*Free style bouncing with individualized motions;
encourage kids to come up with their own bold
motions for key words (suggestions underlined)*

(ex: thumbs to self)

(ex: point to neighbor)

(ex: thumbs up)

Step lunge SR to SL with bouncing "thumbs up"

Step lunge SR to SL with bouncing "peace signs"

Step lunge SR to SL with bouncing punch up LRLR

*Roll "power arms" then run in place and sweep arms
overhead LRL*

Pump both fists up to right with left leg extended x2

REVERSE x2

REPEAT both fists up to right with left leg extended x2

Run in place and sweep arms overhead LRLR

Repeat chorus motions

(hands "explode" starburst down on steam sound)

Repeat free style bouncing with individualized motions

(ex: peace signs)

*(ex: elbows bent at sides, arms out, cross arms over
midriff)*

(ex: tap pointer & index fingers to temple)

(ex: criss-cross pointer fingers, then undo)

Repeat as before

Strike final power pose!

Words: Matt Huesmann
Music: Matt Huesmann

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Cokesbury's VBS Hero Central: Discover Your Strength in God