Keep in mind that parentheses are there to include the entire process and not to be added in.
Blank lines indicate a separation of input after hitting Enter/Return

Staging, Committing and Pushing to GitHub from terminal:
Keep in mind that when updating a file, the same process can be taken to overwrite an old file.

(
cd <whatever your directory is>/

git add <file path and name within that directory>

git commit -m "<file path and name>"

git push
)