

## Dance to Praise Him

3/12/2013

Not long ago, our church had a group who came and performed for us, strictly using sign language to express the words of each song being played. The ladies all moved in perfect unison as their arms and hands masterfully expressed each word. It was truly a lovely thing to behold, but what made this performance extra special, was a young lady situated in the front row, to our right side of the stage. She 'signed' the words flawlessly, but she also 'danced' what she was feeling. She was in perfect sync with the other ladies, but her body was moving and bending with the music in a way that was breathtaking. For the first time I understood what it must feel like to be able to 'see' music, as well as hear it. The sight of this young woman loving her Lord through song and dance moved me to tears. It was glorious, and I was sure God was smiling at her beautiful portrayal of worship.

Psalm 149:3 says, "Let them praise His name with the dance; Let them sing praises to Him with the timbrel and harp." In the very next chapter, Psalm 150:3 & 4 say, "Praise Him with the sound of the trumpet; Praise Him with the lute and harp! Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes!"(NKJV). Sometimes there is no other way for us to worship, but to express our love for God Almighty in dance. We can raise our hands skyward, we can sing at the top of our lungs, but if the Holy Spirit takes hold of you, you won't have a choice but to sway with the melody and move your feet!

For thousands of years man has tried to interpret God's ways, and many times we have distorted some of the very basic forms in which He tells us to worship Him. We have come up with ideas that we have to dress a certain way in order to be acceptable, or we must refrain from eating this or drinking that because it is considered to be unclean. Our Lord did away with this as noted in Acts 10: 9-15, when Peter was hungry and had a vision of the sheet containing all of the different animals. A voice told Peter to eat, but Peter replied that he had never eaten anything uncommon or unclean. The voice said, "What God has cleansed you must not call common." (NKJV) I believe the same is true in regard to dance. If God is at the center of our lives, and we're worshipping Him through dance with our heart, mind and spirit, others will see Him glorified in our praises. It shouldn't matter if we are performing classical ballet, hip-hop, or rocking to the melody of our favorite hymn in church. The Bible says that God inhabits the praises of His people, and there truly is a 'time to dance'. Ecclesiastes 3:4 (NKJV)