

Worship Seminar – Session 5

Physical Expressions of Praise

Standing - 2 Chronicles 20:19; Revelation 7:9-10; Psalm 33:8;
Psalms 135:1-2

Clapping Hands - Psalm 47:1; Isaiah 55:12

Marching - Joshua 6:2-5; Song of Solomon 6:4, 10

Dancing - Psalm 149:3; 2 Samuel 6:14

Laughter - Psalm 126:2; Job 8:20,21

Lifting Up Hands - Romans 12:1; Psalm 141:2; 143:6 ; 42:1,2; 134:2; 63:4; 28:2;
1 Timothy 2:8

Bowing down or Kneeling - Psalm 95:6

Falling Prostrate - 1 Kings 18:39; 1 Chronicles 29:20

Silence - Ecclesiastes 3:7; Psalm 46:10

Tears - Acts 20:36,37; Luke 7:37,38; Psalms 126:5,6

DANCING

Dancing is not more important than the other expressions of praise. However, it is more controversial and thus needs more explanation than some of the other forms.

Definition - Acts 3:8; Psalm 149:3

OLD TESTAMENT EXAMPLES OF DANCING

In Celebration - Exodus 15:20; 2 Samuel 6:14

Spiritual Dance - Psalm 149:3

- By Individual Groups
 - Miriam and all the women danced
 - Young men and the old together (Jeremiah 31:13)
 - No Age Limit

Singing and Dancing - 1 Samuel 29:5

Time To Dance - Ecclesiastes 3:4

Dancing Before The Lord - This expression of praise is one of obedience to God's revealed Word that we are to praise Him in the dance. As an act of our will, even if we feel awkward in doing so, we obey God and join with other believers as they dance before the Lord.

Dancing in the Spirit - Dancing in the spirit is when our whole body is completely under the control of the Holy Spirit. The believers during this time are completely "lost" in the Spirit and so totally absorbed in His power that they are totally unaware of themselves, or others around them. It will always be in God's perfect timing so as not to detract from, but rather be in perfect harmony and flow with the move of God at that moment.

Restoration Prophesied - Jeremiah 31:4,13

WARNINGS

Dancing of a carnal nature is also associated with backsliding, idolatry, immorality, and worldliness. Satan has a counterfeit for everything. Counterfeits only prove there is a genuine and original.

The purpose of dancing in praise to God was never intended for a "show" or performance that would draw the peoples' attention to the dancers. Instead, the dance is to be a spontaneous and intensely physical expression of praise to God which involves the whole assembly of believers. It is to be participated in by both women and men, and by both the young and old. (Jeremiah 31:13)

Believers are not to stop praising and become "observers" or to in any way become distracted from intense praise during the time of "spiritual dance" or "dancing before the Lord." Neither is the dance to be allowed to become a "production" where only a certain select few are performing for the entertainment of others. While the dance must be a free expression of praise that involves the complete person - spirit, soul, and body - caution must be taken. Our dress and our actions must always be those that will glorify the Lord and not call attention to ourselves. For believers to refuse to enter into the dance of praise before the Lord when the Holy Spirit is moving in that way is an act of rebellion before God. To be self-conscious and fearful of losing one's dignity can grieve or quench the flowing of the Holy Spirit.

Some of the greatest "breakthroughs" happen as the move of the Holy Spirit comes upon a body of believers when each one is dead to self and moves in obedience to the Holy Spirit, doing as David did, "dancing before the Lord with all of his might.