

The Story of David Dancing before the Lord from 2 Samuel 6

David again gathered all the chosen people of Israel, thirty thousand to bring up the ark of God which is called by the Name, the very name of the LORD of hosts who is enthroned above the cherubim.

They placed the ark of God on a new cart that they might move it from one place to another.

David and all the house of Israel were celebrating before the LORD with all kinds of instruments

David was leaping and dancing before the LORD with all his might, wearing a linen robe like the priests wore.



***David danced within God's presence;
you may, too, abandon all
As you find your way to please him,
answering the dancer's call.***

In His Psalms, David Talks about Dancing in Worship

from Psalm 30

I will extol You, O LORD, for You have lifted me up.
I cried to You for help, and You healed me.

Sing praise to the LORD, you his godly ones,
And give thanks to his holy name.

His anger is but for a moment,
But his favor is for a lifetime;

Weeping may last all night,
But a shout of joy comes in the morning.

You have turned my mourning into dancing;
You have dressed me with gladness,
That my soul may sing praise to you and not be silent.

Psalm 149:1-4a

Praise the LORD!
Sing to the LORD a new song!
Sing his praise in the congregation of the godly ones.
Be glad in your Maker.
Let the children of Zion rejoice in their King.
Let them praise His name with dancing.
Let them sing praises to Him with tambourine and lyre,
Because the LORD takes pleasure in His people.



Psalm 150



Praise the LORD!
Praise God in His sanctuary;
Praise Him in His mighty expanse.
Praise Him for His mighty deeds;
Praise Him according to His excellent greatness.
Praise Him with trumpet sound;
Praise Him with harp and lyre.
Praise Him with tambourine and dancing;
Praise Him with stringed instruments and pipes.
Praise Him with loud cymbals;
Praise Him with resounding bells.
Let everything that has breath praise the LORD.
Praise the LORD!

David's Son Solomon Speaks about Dancing -- Ecclesiastes 3:1, 4

To everything there is a season; there is a time for every event under heaven--
A time to weep and a time to laugh; a time to mourn and **a time to dance.**

Exodus 15: 20

[After the children of Israel had crossed the Red Sea on dry land] Miriam took the tambourine in her hand, and all the women followed her playing the tambourines and **dancing.**

LEADER NOTES:

These pages have been provided for you as a quick reference to discuss the biblical discussion... even mandate... to dance as a part of worship.

There are several ways you might incorporate these into your rehearsals:

- Tell (or read) the story of David's dancing before God, explaining how exciting that must have been and how David seems to "let himself go" (abandon all) when he danced.
- Print out one of the Psalms to be read each week in rehearsal. Turn it into a responsive reading or have two children read it responsively. [see "Psalm Readings about Dance As Worship" sheet (5)]
- Prepare one of the Psalms to be read in worship; Psalm 150 is especially appropriate during the Thanksgiving season while you're preparing the musical! Set it up for the children and the congregation to read responsively. [see "Psalm Readings about Dance As Worship" sheet (5)]
- Use some of the verses for Bible-memory; even the youngest children could memorize the shorter verses.
- Have a professional Christian dancer come to rehearsal and dance for the children, talk about what it's like to dance in worship, and answer questions.
- Involve the children in some kinds of movement as worship. Teach them sign language for a simple chorus or hymn.
- If they are going to do the movements on "Cradle Dance," these exercises will be especially helpful. [See the movement suggestions.]
- Duplicate sheets one, two and three for the children to add to their notebooks.

Responsive Reading from Psalm 30

Leader: I will extol You, O LORD, for you have lifted me up.
Children: I cried to you for help, and You healed me.
Leader: Sing praise to the LORD, you his godly ones.
Children: Give thanks to his holy name.
Leader: His anger is but for a moment,
Children: But his favor is for a lifetime;
Leader: Weeping may last all night,
Children: But a shout of joy comes in the morning.
Leader: You have turned my mourning into dancing;
Children: You have dressed me with gladness.
Leader: My soul will sing praise to you.
Children: We can not be silent.

Psalm 149:1-4a

Praise the LORD!
Sing to the LORD a new song!
Sing his praise in the congregation of the godly ones.
Be glad in your Maker.
Let the children of Zion rejoice in their King.
Let them praise His name with dancing.
Let them sing praises to Him with tambourine and lyre,
Because the LORD takes pleasure in His people.

Psalm 150

Children: Praise the LORD! Praise God in His sanctuary!
People: Praise Him in His mighty expanse.
Children: Praise Him for His mighty deeds.
People: Praise Him according to His excellent greatness.
Children: Praise Him with trumpet sound.
People: Praise Him with harp and lyre.
Children: Praise Him with tambourine and dancing;
People: Praise Him with stringed instruments and pipes.
Children: Praise Him with loud cymbals;
People: Praise Him with resounding bells.
Children: Let everything that has breath praise the LORD.
All: Praise the LORD!

Psalm Readings
about Dance As Worship