

HABITATIONS OF PRAISE

“The Use of Posture: Dance!”

2 Sam 6:14-16

14 David, wearing a linen ephod, **danced**⁵ before the LORD with all his might,
15 while he and the entire house of Israel brought up the ark of the LORD with shouts and the sound of trumpets.
16 As the ark of the LORD was entering the City of David, Michal daughter of Saul watched from a window. And when she saw King David **leaping**⁸ and **dancing**⁵ before the LORD, she despised him in her heart. NIV

1 Chron 15:29

As the ark of the covenant of the LORD was entering the City of David, Michal daughter of Saul watched from a window. And when she saw King David **dancing**⁶ and celebrating, she despised him in her heart. NIV

Strong's definition-

OT:3769 – **karar**⁵ (kaw-rar'); a primitive root; to dance (i.e. whirl): -dance (-ing).

Strong's definition-

OT:7540 – **raqad**⁶ (raw-kad'); a primitive root; properly, to stamp, i.e. to spring about (wildly or for joy): KJV - dance, jump, leap, skip.

Strong's definition-

OT:6339 – **pazaz**⁸ (paw-zaz'); a primitive root [identical with **OT:6338**]; to solidify (as if by refining); also to spring (as if separating the limbs): KJV - leap, be made strong.

*This scene is arguably the most familiar scene of Biblical dancing that we have. When David brought the ark into Jerusalem, he danced before the Lord with all his might. Of all the worship forms that we have examined, dancing is probably the one most associated with Davidic worship. Three different Hebrew words are used to describe David's dancing; he whirled, he stamped his feet, and he leaped about strongly and wildly. This was no tame dance! Scripture tells us that he danced with **all** his might. This was the dance of a warrior king, a strong man full of joy and praise.*

When the Tabernacle of David was dedicated, David delivered a psalm to Asaph and his associates to use in worshipping God.

1 Chron 16:31-32 NIV

31 Let the heavens rejoice, let the earth be **glad**¹; let them say among the nations, "The LORD reigns!"

32 Let the sea resound, and all that is in it; let the fields be **jubilant**¹⁰, and everything in them!

Creation is listed as praising God with words that describe what the creation does. “Let the heavens be glad” – let them be merry or brighten, which they do in differing degrees morning

and evening. “Let the earth rejoice” – the earth spins round, a 24/7 dance to its creator. In verse 32, the seas are said to roar (crash and tumble) and the fields are said to rejoice (jump for joy - plants “spring up”).

Strong’s definition-

OT:5970 - **alats**¹⁰ (aw-lats’); a primitive root; to jump for joy, i.e. exult: KJV - be joyful, rejoice, triumph.

The ISBE gives us this insight on dancing in Scripture:

“Dancing, that is, the expression of joy by rhythmical movements of the limbs to musical accompaniment, is scarcely ever mentioned in the Bible as a social amusement, except in a general way. . . Dancing can be grouped under two heads: the dance of public rejoicing, and the dance which was more or less an act of worship.”

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Indeed, Scripture enjoins us to dance in praise to the Lord.

Ps 149:2-4

2 Let Israel rejoice in their Maker; let the people of Zion be **glad**¹ in their King.

3 Let them praise his name with **dancing**³ and make music to him with tambourine and harp.

4 For the LORD takes delight in his people; he crowns the humble with salvation. NIV

Strong’s definition-

OT:1523 – **giyl**¹ (gheel); or (by permutation) guwl (gool); a primitive root; properly, to spin round (under the influence of any violent emotion), i.e. usually rejoice, or (as cringing) fear: KJV - be glad, joy, be joyful, rejoice.

Strong’s definition-

OT:4234 – **machowl**³ (maw-khole’); from **OT:2342**²; a (round) dance: KJV - dance (-cing).

Ps 30:10-12

10 Hear, O LORD, and be merciful to me; O LORD, be my help."

11 You turned my wailing into **dancing**³; you removed my sackcloth and clothed me with joy,

12 that my heart may sing to you and not be silent. O LORD my God, I will give you thanks forever. NIV

Ps 150:4 “praise him with tambourine and **dancing**³, praise him with the strings and flute,” NIV

Let us examine a small, Scriptural ricochet.

Strong's definition-

OT:2287 – **chagag**⁹ (khaw-gag'); a primitive root [compare OT:2283, OT:2328]; properly, to move in a circle, i.e. (specifically) to march in a sacred procession, to observe a festival; by implication, to be giddy: KJV - celebrate, dance, (keep, hold) a (solemn) feast (holiday), reel to and fro.

1 Sam 30:16

And when he had brought him down, there they were, spread out over all the land, eating and drinking and **dancing**⁹, because of all the great spoil which they had taken from the land of the Philistines and from the land of Judah. NKJV

Ex 5:1

Afterward Moses and Aaron went to Pharaoh and said, "This is what the LORD, the God of Israel, says: 'Let my people go, so **that they may hold a festival**⁹ to me in the desert.'" NIV

Ex 23:14 "Three times a year you are to **celebrate**⁹ a festival to me." NIV

Zech 14:16

Then the survivors from all the nations that have attacked Jerusalem will go up year after year to worship the King, the LORD Almighty, and to **celebrate**⁹ the Feast of Tabernacles. NIV

So intertwined is the concept of dance with that of celebration and worship that the Lord uses a word which means to dance to describe keeping the feasts!

Eccl 3:4 "a time to weep and a time to laugh, a time to mourn and a time to **dance**²," NIV

When is it a good time to dance? As we have already seen, it is a good time to dance when we are praising God in corporate celebration. Following are some other (though not limited to them) times to dance.

Times of Persecution:

Matt 5:11-12

11 "Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake.

12 Rejoice and **be exceedingly glad**¹², for great is your reward in heaven, for so they persecuted the prophets who were before you. NKJV

Strong's definition-

NT:21 – **agalliao**¹² (ag-al-lee-ah'-o); from agan (much) and **NT:242**; properly, to jump for joy, i.e. exult: KJV - be (exceeding) glad, with exceeding joy, rejoice (greatly).

NT:242 – **hallomai**¹³ (hal'-lom-ah-ee); middle voice of apparently a primary verb; to jump; figuratively, to gush: KJV - leap, spring up.

Luke 6:22-23

22 Blessed are you when men hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man.

23 "Rejoice in that day and **leap for joy**¹⁵, because great is your reward in heaven. For that is how their fathers treated the prophets. NIV

Strong's definition-

NT:4640 – **skirtao**¹⁵(skeer-tah'-o); akin to skairo (to skip); to jump, i.e. sympathetically move (as the quickening of a fetus): KJV - leap (for joy).

When We Are Released from Captivity:

Ps 14:7

Oh, that the salvation of Israel would come out of Zion! When the LORD brings back the captivity of His people, Let Jacob **rejoice**¹ and Israel be glad. NKJV

When We Are Celebrating a Victory:

Ex 15:20

Then Miriam the prophetess, Aaron's sister, took a tambourine in her hand, and all the women followed her, with tambourines and **dancing**⁴. NIV

1 Sam 18:6-7 NIV

6 When the men were returning home after David had killed the Philistine, the women came out from all the towns of Israel to meet King Saul with singing and **dancing**⁴, with joyful songs and with tambourines and lutes.

7 As they danced, they sang: "Saul has slain his thousands, and David his tens of thousands."

Strong's definition-

OT:4246 – **mechowlah**⁴ (mek-o-law'); feminine of OT:4284; a dance: KJV - company, dances (-cing).

Times of Revelation:

Luke 10:17-21

17 Then the seventy returned with joy, saying, "Lord, even the demons are subject to us in Your name."

18 And He said to them, "I saw Satan fall like lightning from heaven.

19 Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.

20 Nevertheless do not rejoice in this, that the spirits are subject to you, but rather rejoice because your names are written in heaven."

21 In that hour Jesus **rejoiced**¹² in the Spirit and said, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and revealed them to babes. Even so, Father, for so it seemed good in Your sight. NKJV

John 8:56 "Your father Abraham **rejoiced**¹² to see my day: and he saw it, and was glad." KJV

Times of Physical Deliverance:

Acts 3:1-8

- 1 One day Peter and John were going up to the temple at the time of prayer-at three in the afternoon.
- 2 Now a man crippled from birth was being carried to the temple gate called Beautiful, where he was put every day to beg from those going into the temple courts.
- 3 When he saw Peter and John about to enter, he asked them for money.
- 4 Peter looked straight at him, as did John. Then Peter said, "Look at us!"
- 5 So the man gave them his attention, expecting to get something from them.
- 6 Then Peter said, "Silver or gold I do not have, but what I have I give you. In the name of Jesus Christ of Nazareth, walk."
- 7 Taking him by the right hand, he helped him up, and instantly the man's feet and ankles became strong.
- 8 He jumped to his feet and began to walk. Then he went with them into the temple courts, walking and **jumping**¹³, and praising God. NIV

Acts 14:6-10 NIV

- 6 But they found out about it and fled to the Lycaonian cities of Lystra and Derbe and to the surrounding country,
- 7 where they continued to preach the good news.
- 8 In Lystra there sat a man crippled in his feet, who was lame from birth and had never walked.
- 9 He listened to Paul as he was speaking. Paul looked directly at him, saw that he had faith to be healed
- 10 and called out, "Stand up on your feet!" At that, the man **jumped**¹³ up and began to walk.

Weddings:

Rev 19:7

Let us **rejoice**¹² and be glad and give him glory! For the wedding of the Lamb has come, and his bride has made herself ready. NIV

Dance is an expression of joy and praise that is not limited by age.

Luke 1:41-44

- 41 When Elizabeth heard Mary's greeting, the baby **leaped**¹⁵ in her womb, and Elizabeth was filled with the Holy Spirit.
- 42 In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear!
- 43 But why am I so favored, that the mother of my Lord should come to me?
- 44 As soon as the sound of your greeting reached my ears, the baby in my womb **leaped**¹⁵ for **joy**¹⁴. NIV

Strong's definition-

NT:4640 – **skirtao**¹⁵ (skeer-tah'-o); akin to skairo (to skip); to jump, i.e. sympathetically move (as the quickening of a fetus): KJV - leap (for joy).

Indeed, the Spirit of God is a spirit of movement and dance.

John 4:14

but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water **springing**¹³ up into everlasting life." NKJV

Some Guidelines on Worship Dance:

1. We need to be sensitive to the Spirit of God as to when (and what type) of dance is appropriate.
2. Dancing should not be done in a lewd and sensual manner.
3. Be cognizant of your attire when you are dancing.
4. When there is what might be termed "performance dancing," it should still help lead the congregation in the spirit of worship.
5. Always remember that we worship for an audience of One.
6. Seek to be released in dance in private worship. This will make corporate worship experience much more meaningful.

In Conclusion:

Acts 15:15-18

15 And with this the words of the prophets agree, just as it is written:

16 *'After this I will return And will rebuild the tabernacle of David, which has fallen down; I will rebuild its ruins, And I will set it up;*

17 *So that the rest of mankind may seek the LORD, Even all the Gentiles who are called by My name, Says the LORD who does all these things.'*

18 "Known to God from eternity are all His works. NKJV

Understanding what God accomplished in the Tabernacle of David, we should seek to establish a habitation of praise wherein we meet the Lord, privately and publicly, and be changed in the presence of a holy God. Amen!