

## **Liturgical Praise & Worship Dance**

“2 Let Israel rejoice in their Maker;

Let the children of Zion be joyful in their King.

3 Let them praise His name with the dance;

Let them sing praises to Him with the timbrel and harp.

4 For the LORD takes pleasure in His people;

He will beautify the humble with salvation.”

-Psalms 149:2-4

*Sacred Dance* or *Liturgical Praise & Worship Dance* is an expression of worship that uses the body to interpret lyrics of praise and worship in sacred music. This form of worship is a growing expression in churches across denominations and cultures throughout the world. As one of the many components of worship we see in Psalms, dance is especially meditative due to the holistic nature of this form of worship that allows full body movement to symbolize the words of prayerful, as well as praise filled, worship songs.

Here are a few great resources that you or your church may use to incorporate sacred dance into your individual prayer or corporate worship:

*Celebration of Dance*, worship dance resources-

<http://www.celebrationofdance.com/index.html>

*Dance in Christian Worship Choreography Site*-

<http://choreography.homestead.com/index.html>

*Step by Step*, worship, dance, and messianic resources-

<http://www.stpbystp.com/>

*Tabernacle of Praise*, teaching videos-

<http://www.tabernacledance.com/>

*Worship Steps*, worship and praise dance videos-

<http://www.worshipsteps.com/videos.htm>