

A Praise Dancer for God

Praise ye the Lord. Praise God in his sanctuary: praise him in the firmament of his power. Praise him for his mighty acts: praise him according to his excellent greatness. Praise him with the sound of the trumpet: praise him with the psaltery and harp. Praise him with the timbrel and dance: praise him with stringed instruments and organs. Praise him upon the loud cymbals: praise him upon the high sounding cymbals. Let every thing that hath breath praise the Lord. Praise ye the Lord. Psalm 150: 1-6

I am a worshiper but I am also one who praises. When I first became saved I would look at people dance before the Lord and say to the Lord, "if only I could praise you like that." They would dance joyfully before the Lord. I sometimes watched their feet and seemed as though they moved as fast as lightening.

One day doing my worship and prayer time I told the Lord, "If only I could praise you like that, every chance I get I will dance for you Lord." He softly spoke to my spirit and said, "You can, all you have to do is take that leap of faith." One Sunday, during praise and worship, I decided to take God at His word and I sprung forth into such a dance that I was shocked. I said, "Is this me?" Even during the act of praise, we have what are called endorphins released. They are hormones released in the brain that cause happiness. They cause one to be light on the feet and feel lightness in the head. If I may use for an example, it gives one the relief that pain medication gives when one is in pain. It causes one to feel carefree. So go dancing, go praising the Lord and be glad. He delights in it.

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