

How Dancing Before the Lord Releases Power in Your Life

Most of us are familiar with the Indian war dances, which always occurred before they entered warfare with their enemies. Dancing and rejoicing before the Lord is also an effective weapon before we go to war against Satan (Ps. 149:1-9).

We have the scriptural example of this when Jehoshaphat sent the singers ahead of his army and ambushes against their enemies were established: "And when he had consulted with the people, he appointed singers unto the Lord, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the Lord; for his mercy endureth for ever" (2 Chr. 20:21, KJV).

We learned the importance of **rejoicing** before the Lord with singing and dancing through attending a fellowship in Jerusalem. The Zion Fellowship is a unique fellowship that spends a lot of time in praising the Lord with the dance. Ruth Heflin, who heads this fellowship, has written a book called *Glory* in which she expresses the importance of the dance in **spiritual warfare**. She relates in her book *Glory* the following: "I believe that dancing brings an anointing for the nations. I never let a day go by without dancing. I have danced in the toilets of 707s, 747s and DC-10s. How do I do it? Straight up and down."

Ruth urges her readers not to let a day go by that they don't **dance** before the Lord. I am just now catching on to the **power** and anointing in rejoicing before the Lord in the dance. David made this discovery years ago when he wrote, "Let them praise His name in the dance; let them sing praises to Him with the timbrel and harp" (v. 3).

If you have not tried **rejoicing** before the Lord in the dance, you can start today. Put on some praise music and dance before the Lord. The Lord loves to see you dance before Him, because after all, He rejoices over you with **singing**. David was a man after God's own heart because he often danced before the Lord with all of his heart. We are exhorted to praise the Lord with our whole being. Dancing is a good way to do this. Have a good day and a good dance.

Lord, I want to be free in my worship and praise to You. Help me to get rid of all self-consciousness and just have my eyes on You as I praise and worship You. Set my feet to dancing, Lord.

READ: 2 Kings 18:13-19:37; Acts 21:1-17; Psalm 149:1-9; Proverbs 18:8