

Moments of Beauty Week 6 - Dance

Thursday, October 15



Pictured: Katya Brodbeck, contemporary dance

"To you, LORD, I called; to the Lord I cried for mercy: 'What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, LORD, and be merciful to me; LORD, be my help. You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent. LORD my God, I will praise you forever.'" Psalm 30:8-12

Seeing children perform is a joy to us. Dancing is a physically demanding pursuit. And when it is done well, it looks effortless. It is a joyful external expression of internal emotions. Both the audience and the dancer can feel the electricity in the dance and the joy in the communication between the one performing and the one being entertained. To be able to express oneself in this physical way reminds us that our connection to God is holistic. We express our joy and praise to God in physical, emotional and spiritual ways. How can you express praise to the God who has turned your wailing into dancing? Take a minute to thank God.