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Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

MORE ADVENTURES WITH GOD

By Julie Mussché

From the Book of Psalms

Praise the Lord!

Praise God in his heavenly dwelling;

praise him in his mighty heaven!

Praise him for his mighty works;

praise his unequalled greatness! ...

Praise him with the tambourine and dancing....

PSALM 150:1-2;4

Reflection

While running errands the other day, my radio was tuned in to an “oldies” station. Fats Waller’s “The Joint is Jumpin’” was playing and I found myself bouncing in place to the beat of the catchy music, doing what I call “chair dancing.” No doubt other drivers must have wondered what was up with the

jitterbugging in my car. Well, so be it, the music is contagious. Likewise, have you ever found yourself naturally swaying to a hymn in church? It just seems like a natural and appropriate response, a dance of praise.

What is this thing called dancing? Once definition offered by **Britannica**: “the movement of the body in a rhythmic way, usually to music and within a given space, for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself.” Certainly scripture has many examples of dancing, for joy, in praise and thanksgiving. There’s liturgical dance and celebratory dances such as the hora.

Your invitation in further adventures with God is to select a piece of music that gets your feet tapping and then dance a dance of thanksgiving to God. Of course, safety first. Let yourself go with joy and abandonment to the movements of the music and Spirit. For those of you who are not mobile, perhaps a chair dance is calling you, or moving your hands rhythmically or snapping your fingers or clapping your hands with the tune. Whatever the case, this is a prayer of praise through movement.

At completion, rest in silence and stillness. Consider and reflect on your sense of being and feelings. How was the Spirit moving through the rhythm of the dance and how did you encounter the Divine as you “tripped the light fantastic?” What is your Amen?

Sometime back, I had a class with Wilkie Au and at the end of the session he played Le Ann Womack’s “I Hope You Dance.” It is a beautiful song and sentiment and so, my wish for you, in the midst of life’s ups and downs, marvels and perplexities, joys and sorrows: I hope you dance.



Ballerina dancing inside abandoned building
Photo by Jansel Ferma

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