

## WORSHIPING GOD WITH DANCE

June 14, 2025

As a worship leader for kids, I am often wowed by how young children are entirely comfortable expressing themselves through song and dance. During music time in the toddler and preschool classrooms, kids jump, spin, clap, and sing without thinking about how they sound or look to others; they are boundlessly joyful and wholly focused on praising God with all their might!



So what happens when we get older and more self-conscious? We become more accustomed to our “box” and less willing to express ourselves with our bodies. We feel obliged to clap, too shy to lift our hands, and wouldn’t be caught in public spinning in a circle. But think of the example we’re setting for our kids. They learn that self-consciousness is part of adulthood and throw away their God-given gifts of expression to be more “grown-up.” However, one of the beautiful aspects of parenthood is rediscovering your inner child through connecting with your children. Let your children inspire you to reconnect with the joy of expressing yourself without fear or judgment. Encourage one another to use your whole selves to worship God, and let your kids lead the way in showing you how to praise him with abandon.

As a family, I encourage you to explore these psalms together. These verses remind us that God delights in our whole-hearted worship, which includes our bodies and movements. When we dance before God—whether joyfully, thoughtfully, or even silly—we honor him with our uninhibited praise.

- **Psalm 149:3:** “Praise his name by dancing and playing music on harps and tambourines.”
- **Psalm 150:4:** “Praise him with tambourines and dancing, with stringed instruments and woodwinds.”

Then, turn on some uplifting music and dance! Let it be a joyful celebration where each family member feels free to express their love for God through movement. Embrace creativity, playfulness, and a childlike sense of wonder as you dance together in worship.

Next time you're in a worship setting or your home, consider stepping out of your comfort zone. Dance like nobody's watching because, in those moments, you're not dancing for anyone else but the One who created you and delights in your heartfelt praise. Let's celebrate our freedom in Christ by worshipping him with all we are—body, mind, and spirit.

May our children grow up knowing that where the Spirit of the Lord is, joy, freedom, and unbounded love are expressed through every movement.

Want to do a deep dive? Check out Family Fire's article [Teaching Our Children to Adore God](#).

*written by Areo Keller-Donahue*