

## Excerpts of the Bible concerning Dance



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### **The Song of Miriam after the safe crossing of the Red Sea**

*Exodus 15 (20-21) New International Version (NIV)*

<sup>20</sup> Then Miriam the prophet, Aaron's sister, took a **timbrel** in her hand, and all the women followed her, *with timbrels and dancing*.

<sup>21</sup> Miriam sang to them:

“Sing to the LORD, for he is highly exalted.  
Both horse and driver he has hurled into the sea.”

### **David dances while bringing back the Ark of Alliance**

*2 Samuel 6 (13-16, 20-21) New International Version (NIV)*

<sup>13</sup> When those who were carrying the ark of the LORD had taken six steps, he sacrificed a bull and a fattened calf. <sup>14</sup> Wearing a linen ephod, **David was dancing before the LORD with all his might,** <sup>15</sup> while he and all Israel were bringing up the ark of the LORD **with shouts and the sound of trumpets.**

<sup>16</sup> As the ark of the LORD was entering the City of David, Michal daughter of Saul watched from a window. And when **she saw King David leaping and dancing before the LORD,** she despised him in her heart.

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<sup>20</sup> When David returned home to bless his household, Michal daughter of Saul came out to meet him and said, “How the king of Israel has distinguished himself today, going around half-naked in full view of the slave girls of his servants as any vulgar fellow would!”

<sup>21</sup> David said to Michal, “It was before the LORD, who chose me rather than your father or anyone from his house when he appointed me ruler over the LORD’s people Israel—**I will celebrate before the LORD.**<sup>22</sup> **I will become even more undignified than this, and I will be humiliated in my own eyes.** But by these slave girls you spoke of, I will be held in honor.”

## **Psalms**

### Psalm 149:3

Let them praise His name **with dancing**; Let them sing praises to Him with timbrel and harp.

### Psalm 150:4-6

<sup>4</sup> praise him with timbrel and **dancing**, praise him with the strings and pipe,

<sup>5</sup> praise him with the clash of cymbals, praise him with resounding cymbals.

<sup>6</sup> Let everything that has breath praise the LORD. Praise the LORD.

### Psalm 100:1-2

<sup>1</sup> Shout for joy to the LORD, all the earth.

<sup>2</sup> Worship the LORD with gladness; come before him with **joyful songs**.

### Psalm 30:10-11

<sup>10</sup> Hear, LORD, and be merciful to me; LORD, be my help.”

<sup>11</sup> You turned my wailing into **dancing**; you removed my sackcloth and clothed me with joy,

## **Other**

### Ecclesiastes 3:4

A time to weep and a time to laugh; A time to mourn and a time to **dance**

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### Jeremiah 31:13

"Then the young girls will rejoice in the **dance**, And the young men and the old, together, For I will turn their mourning into joy And will comfort them and give them joy for their sorrow.

### Jeremiah 31:4

"Again I will build you and you will be rebuilt, O virgin of Israel! Again you will take up your tambourines, And go forth to the **dances** of the merrymakers.

### Job 21:11-12

<sup>11</sup> They send forth their children as a flock; their little ones **dance** about.

<sup>12</sup> They sing to the music of timbrel and lyre; they make merry to the sound of the pipe.

### Judges 11:34

When Jephthah came to his house at Mizpah, behold, his daughter was coming out to meet him with tambourines and with **dancing**. Now she was his one and only child; besides her he had no son or daughter.

## New Testament

Luke 7:31-32 (*idem* Matthew 11/16-17)

<sup>31</sup> Jesus went on to say, “To what, then, can I compare the people of this generation? What are they like? <sup>32</sup> They are like children sitting in the marketplace and calling out to each other:

“**We played the pipe for you, and you did not dance;**  
we sang a dirge, and you did not cry.’

Luke 6 22-23

<sup>22</sup> Blessed are you when people hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man.

<sup>23</sup> “**Rejoice in that day and leap for joy,**  
because great is your reward in heaven. For that is how their ancestors treated the prophets.

Acts 3 6-8

<sup>6</sup> Then Peter said, “Silver or gold I do not have, but what I do have I give you. In the name of Jesus Christ of Nazareth, walk.”<sup>7</sup> Taking him by the right hand, he helped him up, and instantly the man’s feet and ankles became strong.<sup>8</sup> He jumped to his feet and began to walk. Then he went with them into the temple courts, **walking and jumping, and praising God.**

1 Timothy 2 8

Therefore I want the men everywhere to pray, **lifting up holy hands** without anger or disputing.