

Dancing, Is It Scriptural?

By David L. Martin

Dancing. Does the thought make you uncomfortable? Isn't that something that only the heathen do? Not at all. Actually, dancing is very Scriptural and important in worship.

"You have turned for me my mourning into **dancing**..."

Psa 30:11 NKJV

"Let Israel rejoice in their Maker; Let the children of Zion be joyful in their King.

Let them praise His Name **with the dance**..."

Psa 149:2-3 NKJV

"Praise [Yahuwah](#)... Praise Him with the timbrel and **dance**..."

Psa 150:1-4

"Now as the ark of [Yahuwah](#) came into the City of David, Michal, Saul's daughter, looked through a window and saw King David **leaping and whirling** before [Yahuwah](#)..."

2 Samuel 6:16

"Therefore they shall come and sing in the height of Zion,
streaming to the goodness of [Yahuwah](#)..."

Then shall the virgin **rejoice in the dance**,

And the young men and the old, together;

For I will turn their mourning to joy... says [Yahuwah](#)."

Jer 31:13-14

Now the dancing that is being referred to here in these passages of Scripture is not talking about secular dancing to boyfriend or girlfriend, or any other form of dance void of God, but worshipful dance to [Yahuwah](#). It is an outward physical expression of our love and joy in [Yahuwah](#).

Some places in Scripture where dancing is mentioned, is not known to many of us, because of our English translations. For instance, when speaking of the Appointed Time of Sukkot (Feast of Tabernacles,) [Yahuwah](#) says,

"Seven days you shall keep a sacred feast (châgag) to [Yahuwah](#) your God in the place which [Yahuwah](#) chooses, because [Yahuwah](#) your God will bless you in all your produce and in all the work of your hands, so that you surely rejoice."

Deu 16:15

The words underlined are translated from a Hebrew word, which is defined in Strongs as:

חגג

châgag

khaw-gag'

A primitive root (compare [H2283](#), [H2328](#)); properly **to move in a circle**, that is,

(specifically) to *march* in a sacred procession, to *observe* a festival; by implication to *be giddy*: - celebrate, **dance**, (keep, hold) a (solemn) feast (holiday), reel to and fro.

So Deu 16:15 is more accurately translated like this,

"Seven days **circle dance** to [Yahuwah](#) your God in the place which [Yahuwah](#) chooses, because [Yahuwah](#) your God will bless you in all your produce and in all the work of your hands, **so that you surely rejoice.**"

Deu 16:15

So we can see that dancing (particular Jewish circle dance) is very Scriptural and desired by [Yahuwah](#) for His people to use in worshiping Him. We can worship [Yahuwah](#) with not just our voice, or clapping hands, or making music, but by actually dancing to Him, utilizing our whole body in worship.

Did you know that God dances? In Zephaniah 3:17 we read,

" [Yahuwah](#) your God in your midst, the Mighty One, will save;
He will rejoice over you with gladness, He will quiet you with His Love,
He will rejoice over you with singing."

Zep 3:17

The underlined word "rejoice" is translated from a Hebrew word that Strongs defines as:

גִּיל גּוּל

gîyl gûl

gheel, gool

A primitive root; **properly to spin around (under the influence of any violent emotion)**, that is, usually *rejoice*, or (as *cringing*) *fear*: - be glad, joy, be joyful, rejoice.

The Hebrew word means to "spin around under violent emotion," or basically to **dance**. So Zep 3:17 is more accurately translated as,

" [Yahuwah](#) your God in your midst, the Mighty One, will save;
He will rejoice over you with gladness, He will quiet you with His Love,
He will **dance** over you with singing."

Zep 3:17

If [Yahuwah](#) dances over us with great emotion, isn't it fitting that we dance for Him, our Heavenly Bridegroom?

Our family has been truly blessed by doing Jewish circle dances, much like the ones that would have been done in the Temple. It is a wonderful expression and acknowledgement of our love and devotion to [Yahuwah](#). It is Scriptural, and commanded in the Psalms. I hope that you are encouraged to dance for your Bridegroom, Yeshua.

If you would like to learn how to do Jewish circle dance, [click here](#).