



Delighting

in God

Deuteronomy 6:4,5

⁴ Hear, O Israel: The LORD our God, the LORD is one. ⁵ Love the LORD your God with all your heart and with all your soul and with all your strength.

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- Nephesh – Soul
- Meodeka – Strength

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- Meodeka – Strength (“muchness”)

Hands

- *Nasa`* – lifting hand (Ps 63.4; 134.2)
- *Peras* – spreading out hands (2 Chron. 6.13; Ps. 143.6)
- *Yadah* – extending the hand
 - Lifting the hand in an oath of covenant loyalty
- *Towdah* – The raised hand. Expresses adoration. (Ps 50:23)
- *Taqa* – Clap, applaud. Expresses joy and victory. (Ps 47:1)

Orans



Other body parts

- Barach – Kneel, bless the Lord. Expresses *humility*. (Ps 95:6)
- *Qadad* – bow low (Gen. 24.26; Ex. 12.27; 2 Chron. 29.30; Neh. 8.6)
- *Hishtahevah* – bend down or prostrate oneself
 - (Gen. 22.5, I Sam 1.3, I Chron. 29.20, Ps 66.4; 99.9; 138.2; Is 66.23)

from the Black Obelisk of Shalmaneser III
about 850 BC



Words that will make us stretch

- *Kara - Dance*. “David danced before the Lord with all his might” Expresses joy and celebration. (2 Sam 6:14)
- *Mahol* – dance (Ps. 149.3; 150.4)
- *Pazaz* – leaping (2 Sam 6.16)
- *Roqed* – skipping or springing (I Chron 15.29)
- *Gil* – rejoice (twirling in circles) Ps 9.14; 35.9; 53.6; **118.24**; 149.2
 - Hava Nagila
 - Zeph 3:17

Zeph. 3.17

- The LORD your God is with you,
the Mighty Warrior who saves.
He will take great delight in you;
in his love he will no longer rebuke you,
but will rejoice over you with singing.

Principles for growing in the expressiveness of our worship.

- **1. Posture of hearts is more important than posture of bodies.**

But as passion grows, we tend to get more expressive.

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But as passion grows, we tend to get more expressive.

- 2. Sometimes you need to express inner attitudes and feelings with your body.
- **3. It is possible to lead or affect your inner self, like emotions, mood, outlook by changing your body.**



Time to Stretch

- **Where do I need to stretch in my response to your love?**
 - **Are you calling me to be more expressive with my body?**
 - **Are you calling me to give more of my time?**

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 - Are you calling me to give more of my time?
- Where have I put “lines in the sand” limiting my love for you?
- **How can I grow in my openness and expectancy to the movement of your Spirit?**

