

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

- Leb Heart
- 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)

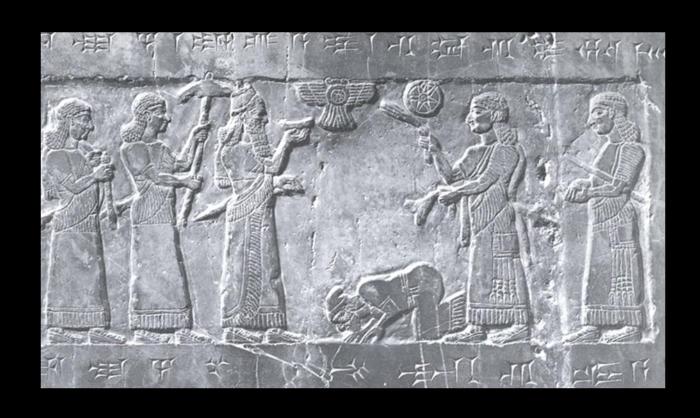
# Orans



#### 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.



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- How can I grow in my openness and expectancy to the movement of your Spirit?

