



TODAY'S TOPIC:
Spiritual Practice of Dancing

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Do you think dancing has anything to do with God?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Look up pictures or videos of different kinds of dancing. Look up pictures or videos specifically of spiritual dancing. 	<ul style="list-style-type: none"> none 	<p>Know that creative spiritual practice is a great way to connect with God.</p>

SHOW: Pictures of dancing. Ask if anyone has any experience or ideas about dancing. Talk about the different kinds of dancing. (Some suggestions: Ballet, Ballroom, Contemporary, Hip Hop, Jazz, Tap Dance, Folk Dance, Irish Dance, Modern, Swing) *Save the idea of dancing as a spiritual practice for later in the lesson.*

ASK: Why do people dance? It's fun, it's good exercise, can do it alone or with friends, it's a way to express yourself.

Reading: “Great dancers are not great because of their technique. They are great because of their passion.” – Unknown

ASK: What do you think that means?

- That you don't have to be the best dancer if you dance with happiness.

- That dance is a way to celebrate life. Weddings, parties, times of celebration.
- Joy and love of God/Spirit can show up through dance.

ASK: Do you think that's true, that God/Spirit can show up in dancing?

- Many religions and cultures use sacred dance as a way to get closer to Spirit or God.
- For many religions, dance is a way to feel to feel God in our hearts and bodies. Sometimes we say "jump to center" to calm down, get grounded, find that space inside of us. That is also the space we feel God when we dance with as a spiritual practice.
- awareness Dance ceremonies are sacred and a form of prayer.

SHOW: Spiritual pictures of dancing. While the dances are fun to watch and participate in, they are also a sacred and important ceremony.

- Some Muslims perform the Whirling Dervish. **The Sufi Muslims** perform the Whirling Dervish: They do the dance to heal humanity.
- Many Jews dance the Horah. **Many Jews celebrate with the Horah.** The Horah is performed at Bar Mitzas and Bat Mitzas (coming of age ceremonies for boys and girls) and at weddings.
- The Native Americans use dance in many ceremonies **Native American Dance Ceremony.** Many rituals and ceremonies for Native Americans include colorful dress and dance. Dance is one of the most beautiful parts of Native American culture.

FINAL THOUGHT: What does it mean to dance to be closer to God? Like meditation, dance is a way to clear the mind and enter a place.

ACTIVITY: Have your own dance party.

AFFIRMATION –There are many ways to connect to Spirit. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .

