

Worship Dance *Sundays*

FREE ZOOM SESSION

**Sunday Apr 26, 2026
6PM EST**

**Getting Started
in Worship
Dance & Flags**

Teaching and Live Q&A



Arise Dance Ministry - Mission



Share God through Dance, Outreach, and Teaching.

Help people grow deeper in their relationship with God through movement.

Invite Arise Dance Ministry to speak, teach or dance at your next event!

Join our mailing list to be notified of classes, updates & devotionals



Worship Dance Sundays



Arise&Shine Mentorship



Train with Arise - Worship Flags

Arise Dance Ministry - Meet our Team



Christina Clark
Director



Tonia Purvis
Ministry Assistant



Patricia Adkins
Spiritual Advisor



Kayla Babitz-Rodriguez
Teaching Assistant



What is dance ministry?

Ministry is about serving



Ministry is what we do for God's glory based on where He has placed us, how He has gifted us, and what He has called us to do according to His infinite wisdom and for the proclamation of the gospel - Robert Hampshire, Christianity Today

It is the giving of ourselves and our time, talents, and resources to bless and help others.
- Todd Wilson, Author "More"

When we serve in ministry, we will find our greatest joy and most fulfillment in life.

Dance in the Bible



The Bible shows us that dance is one of many expressions of worship

- Let them praise His name with dancing (Ps 149: 3)
- Praise Him in the dance (Ps 150)
- Then Miriam, the prophetess, Aaron's sister took a tambourine (timbrel) in her hand, and all the women followed her with tambourines and with dances (Exodus 15:20)
- David was dancing before the LORD with all his might... (2 Sam 6:14-15)

What is dance ministry



Serving through dance

Many people can dance, but not many are called to dance in ministry.

Dance ministry is NOT just for fun, exercise or something to do – it is serious ministry that is a high privilege

Today dance ministers may serve in:



Church worship services

Concerts

Conferences

Evangelism / outreach

Funerals

Intercessory prayer

Healing services

Preaching

Social media platforms

Teaching

Weddings



**How does God call people into
ministry?**

Common elements



Calling / Encounter

Response

Preparation / Training

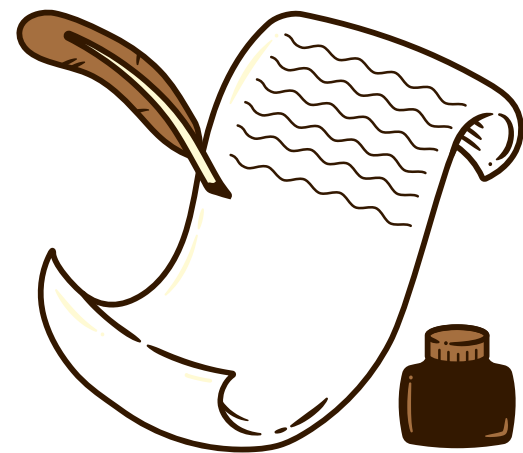
Serve

Calling of God examples



Jeremiah learned at age 13, he was called to be a prophet to the nations

The word of the Lord came to me, saying, "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations." - Jeremiah 1:4-10



Jesus called the first disciples after performing a miracle

Then Jesus said to Simon, "Don't be afraid; from now on you will fish for people." So they pulled their boats up on shore, left everything and followed him - Luke 5:6-11





The Lord does the calling, it's up to us to respond!

Calling / Encounter

Response

Preparation / Training

Serve





It all starts with a decision

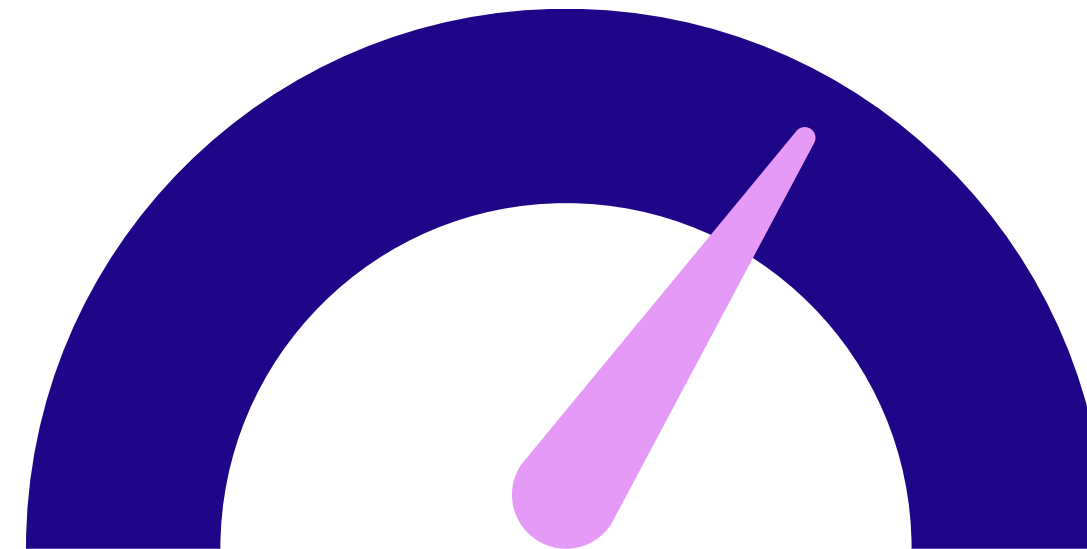
Getting started begins with a decision



PRIVATE WORSHIP

You are being seen by God

Home



Level of Accountability

PUBLIC MINISTRY

You are being seen by people
You are representing God

Church

Community

Online



Many possibilities for private & public dance



Reasons to choose Private Worship



Examples:

- You are new to dance and not ready to join an existing ministry team
- There is no ministry team available for you to join
- You are in a busy season of life, perhaps have small children or travelling a lot for work
- You are unable to fulfill a commitment to join an existing ministry team
- The ministry team is not operating correctly, out of order
- At risk of burnout
- You are not in right standing with the Lord (sit down!)

Note: Dancers in public ministry MUST continue private worship





You are in Public Ministry if :

Examples:

- You have danced for the Lord in front of anyone outside the home - *past or current*
- There is content of you dancing online - *past or current*
- You have been called a dance minister, praise dancer, etc. - *past or current*

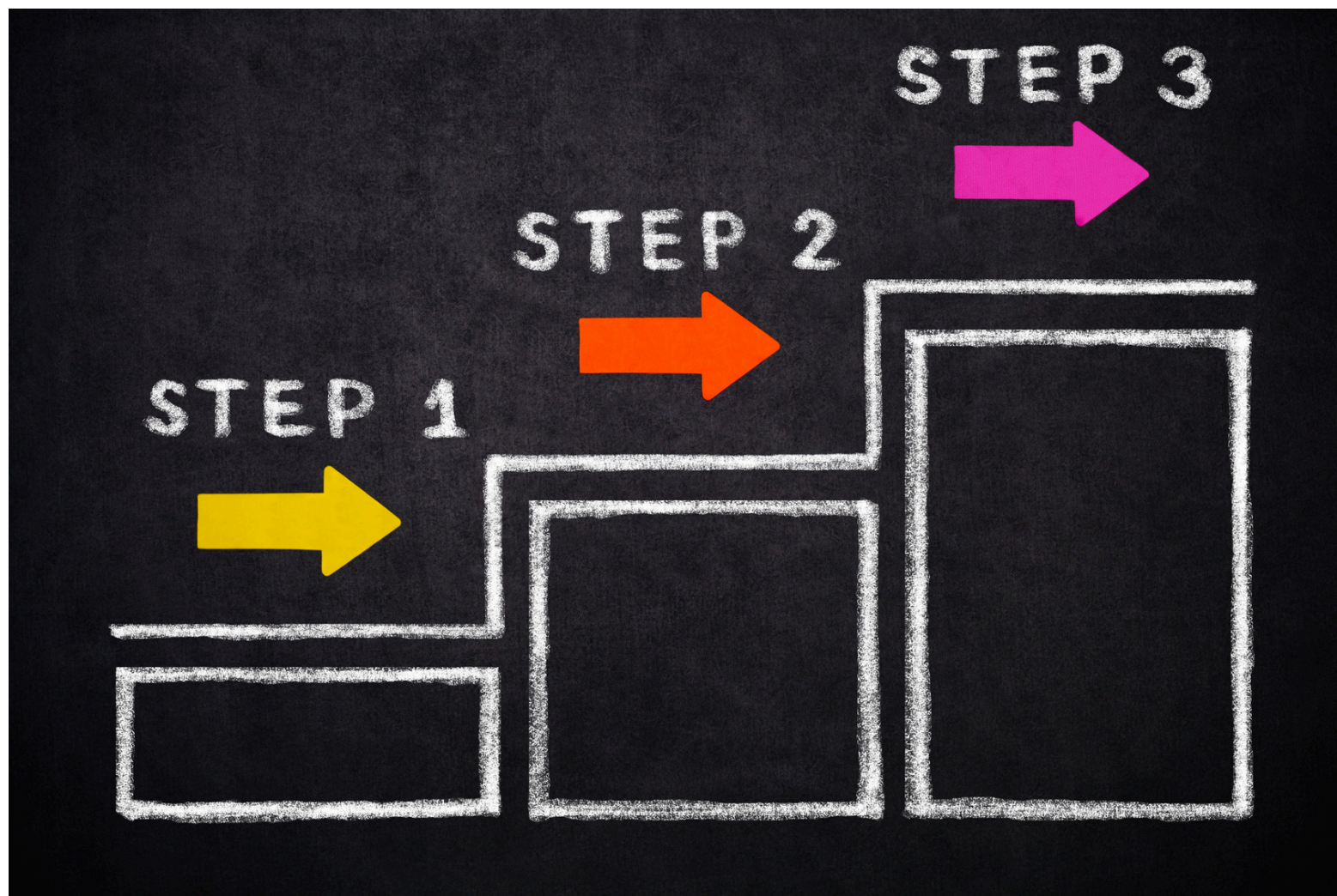
Note: You do not need to be officially in a group, affiliated with a church or have a title to be in public ministry, you just have to be seen or remembered! I know, but it's true.



I'm called to dance, now what!?!

Help Lord!

Wouldn't it be nice if ministry worked this way?



Following Jesus feels like...



MATTHEW 14: 28-31

“Lord, if it’s you,” Peter replied, “tell me to come to you on the water.”

“Come,” he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!”

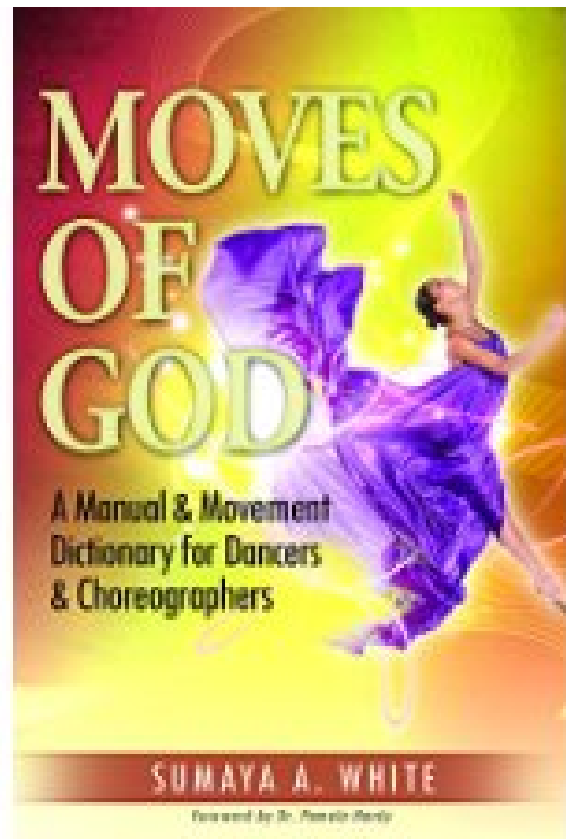
Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?”

Getting Started

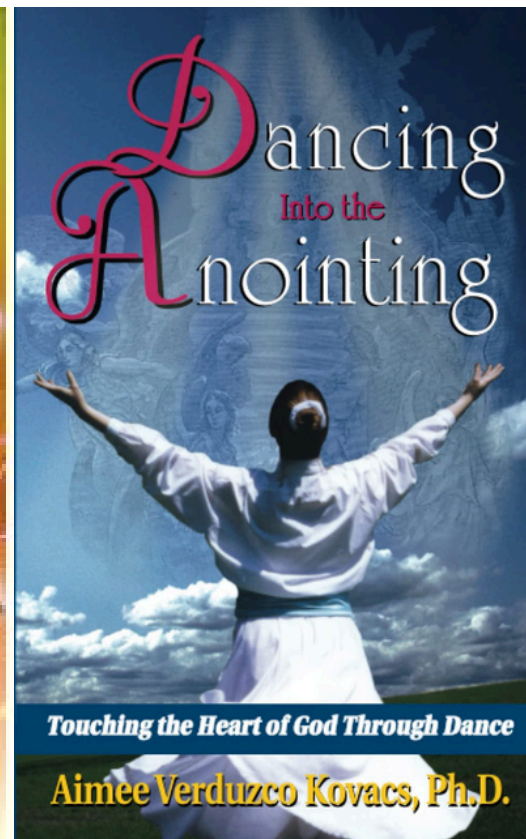


- Pray and seek the Lord about your desire to dance.
- Decide when it's time to share with your parents/spouse/church.
- Commit yourself to Him – mind, body, and soul.
- Listen to worship music and read God's Word regularly.
- Start dancing as a private worshipper at home.
- Purchase books/teaching materials to build a library of resources.
- Seek out training in dance, make efforts to have a healthy, active lifestyle.
- Consider joining a dance ministry at your church.
- Form a small group or request permission to start a ministry if not existing – some dancers may be called to have an online or community-based platform.
- Purchase worship attire/garments and tools (flags, ribbons, tambourine, etc.)
- Regularly practice/worship at home and with your ministry team.

Resources - Books



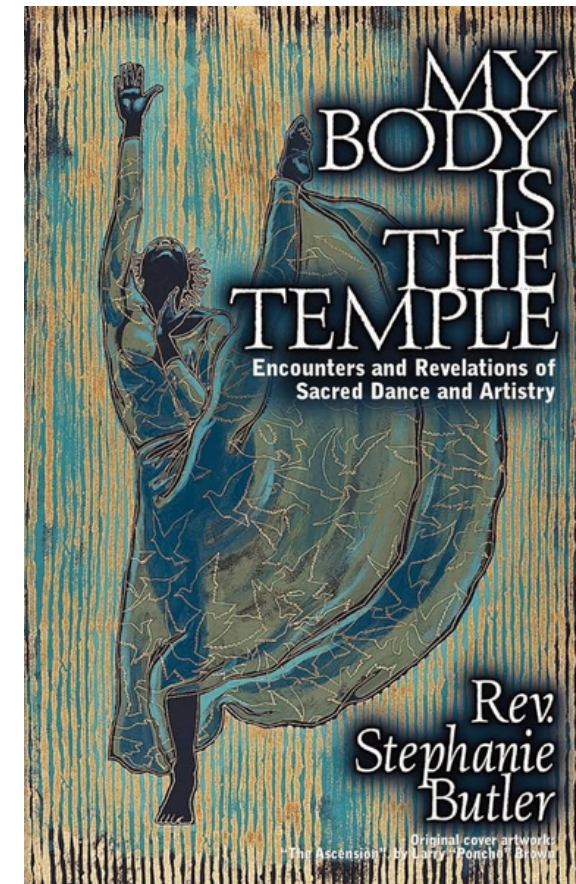
Moves of God
Dr. Sumaya White



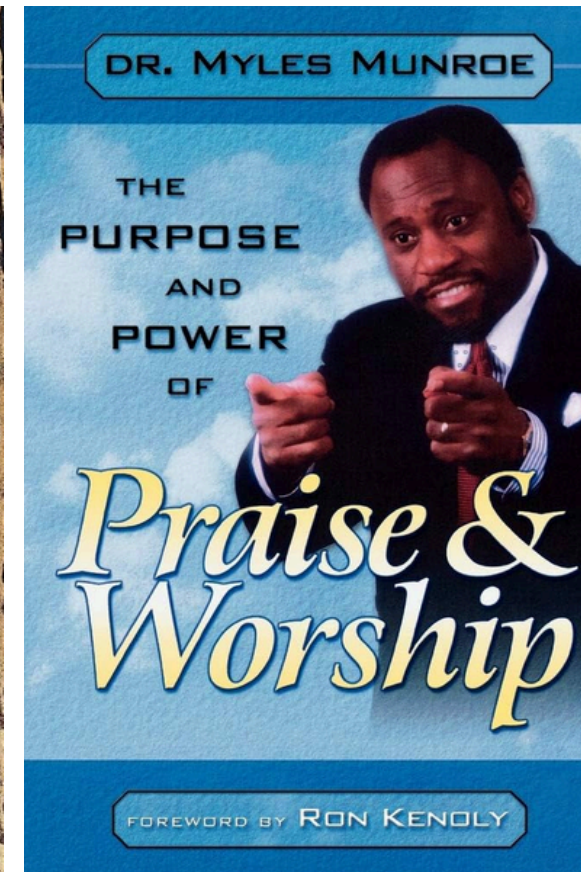
Dancing into the Anointing
Aimee Kovacs



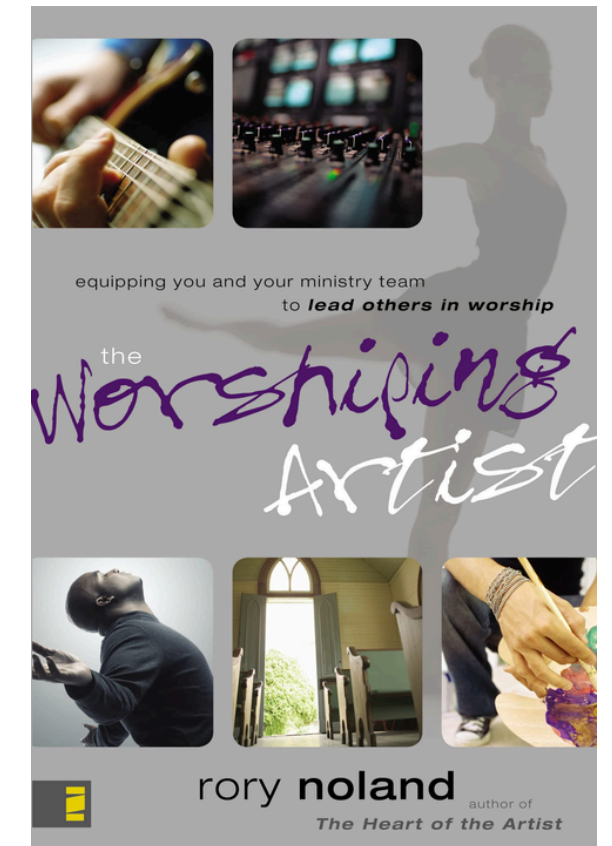
Praise and Worship with Flags
Delores Harris



My Body is the Temple
Rev. Stephanie Butler



Purpose Power of Praise
& Worship
Dr. Myles Munroe



Worshipping Artist
Rory Noland

Resources & Training




DANCING FOR HIM MINISTRIES

ONLINE SCHOOL PROGRAMS



WATCH NOW




Christ Center For Dance

@christcenter123 · 4.61K subscribers · 509 videos

Our vision is to be a global leader in the area of worship arts education by stewarding an ...more

christcenterfordance.org and 1 more link

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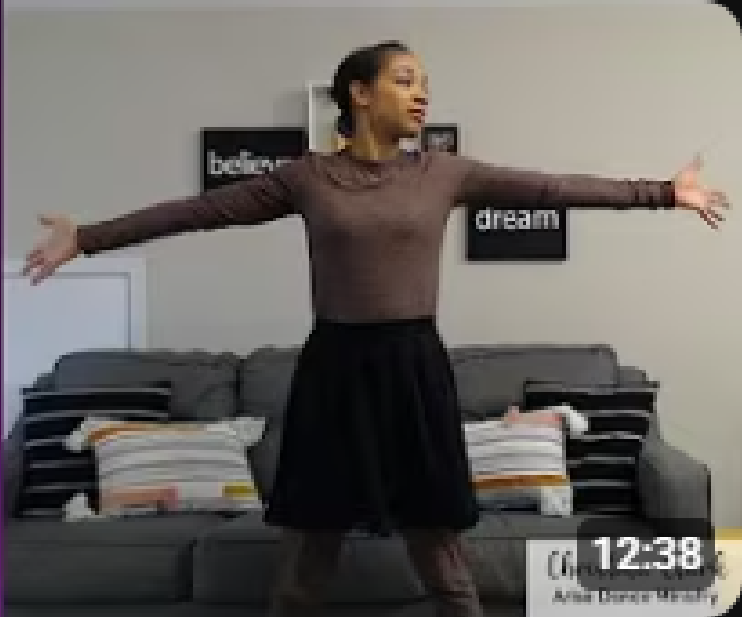
More about this channel ...more

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WORSHIP DANCE @ HOME

COME & SEE MY RESPONSE

PHIL THOMPSON



12:38

Worship Dance Choreography - Come and See + My Response Medley Phil Thompson

388 views · 3 months ago




Elevate your praise

Catch the Fire

WORSHIP FLAGS

COLOR & MOVEMENT SPEAK WHEN WORDS AREN'T ENOUGH

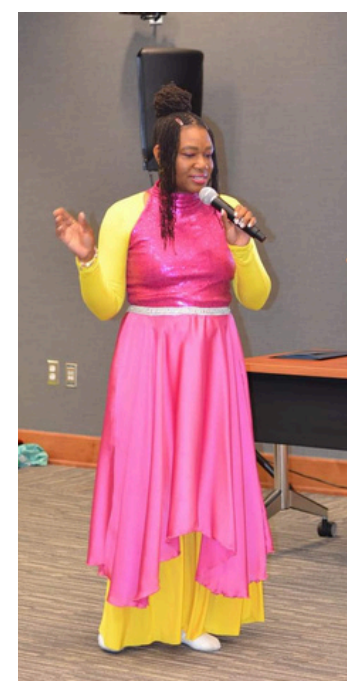


3 Types of Flag Fabrics

3 Types of Flag Fabrics used for worship flags

998 views

Garments



GEN 3:21

The Lord God made garments of skin for Adam and his wife and clothed them.

EX 28:1-3

Make sacred garments for your brother Aaron to give him dignity and honor. Tell all the skilled workers to whom I have given wisdom in such matters that they are to make garments for Aaron, for his consecration, so he may serve me as priest.

Garments must:

- Be modest
- Functional
- Well fitting
- Not see through
- Not too tight
- Not too distracting
- Layered!
- For wear in dance only
- Be washed according to instructions and stored

Christina' Pearls of Wisdom

- Know your body type & sizing
- Plan ahead, 3-4 weeks minimum
- Practice in your outfit / dress rehearsal with team
- 360 check in different light settings
- Invest in quality undergarments, shapewear, shoes and accessories
- No jiggling, rolls, panty lines, wedgies ever! Rebuke it!
- When in doubt, take it off!

Worship Tools



Worship tools or instruments are used by dancers to elevate dance and serves as an impactful visual symbol.

PS 20:5

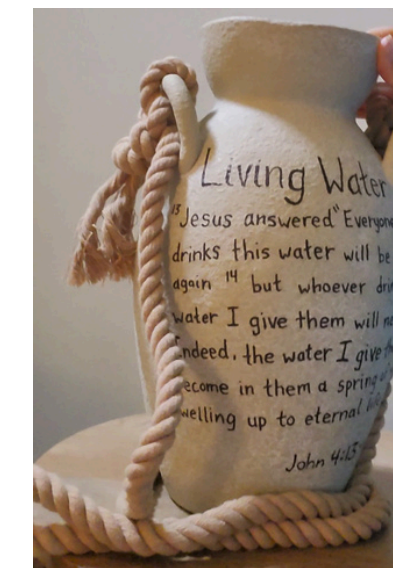
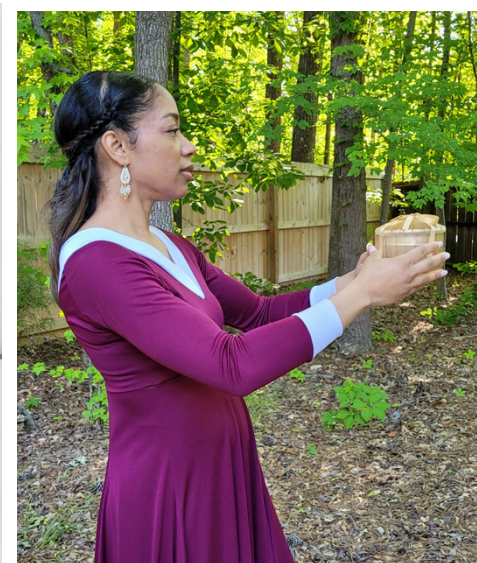
May we shout for joy over your victory and lift up our banners in the name of our God.

EX 15:20

Then Miriam the prophet, Aaron's sister, took a timbrel in her hand, and all the women followed her, with timbrels and dancing.

They are mighty weapons of praise!

- Worship Flags/Banners
- Billows
- Veils / Silks
- Ribbons / Streamers
- Tambourine
- Glory Rings
- Objects
- Staffs / Barras
- Displays
- Media / Video
- Other creative expressions...



It's a process...



Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship – Rom 12:1

External

- Movements
- Expressions
- Clothing
- Speech
- Behavior
- Endurance



Internal

- Heart
- Mind
- Soul
- Worship
- Devotion
- Prayer
- Bible study



**The same God who calls you will
prepare you!**



Now unto *Him that is able*
to do exceeding abundantly

ABOVE ALL THAT WE ASK OR THINK,
ACCORDING TO THE POWER THAT

Worketh in us.

EPHESIANS 3:20





**To support our mission visit
ariseworshipdance.com/donate/**