HELEN SANDERS 11-6-2023 DANCING IN THE RAIN

When life brings unexpected loss, or sorrow, there is one thing that can keep the balance, and that is praise. It is difficult to praise the Lord in the hard times, and that is why the writer of Hebrews called it a sacrifice of praise. In Hebrews 13: 15 it says, *"By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name."* Did you notice it says to do this continuously? This means praise is to be our lifestyle whether we are experiencing good times or bad times.

One way of giving that praise is to dance before the Lord like David did. His wife scorned him for it, but he was in a state of worship that far exceeded her scorn.

Sometimes we should just go outside and "dance in the rain." Children love to do this, and God has told us to be childlike. I am sure you could find a dozen excuses to not do this, but perhaps dancing in the rain is just what you need for the place you are in right now.

If you can't do it in the natural, then do it in the spiritual. Dance before the Lord and let the rain from God saturate you inside and out. Let it fall on you and bring refreshing like a dry desert receives when rain comes causing it to bring forth blossoms. Let that rain bring you the joy that it once did as a child.

Dance in the Rain.