



Dare to Dance Again



Guided Reflection Journal

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This journal is an accompaniment to the Worship Design Studio
Easter series, "Dare to Dance Again"
worshipdesignstudio.com/easterdance

This journal can also be used independently from the worship
series or any church gathering. It can be used privately or
shared with a friend or in a small group setting.

May you be inspired to reflect on your own resurrection story
and unlock new transformation.

Introduction

As Easter people, we are called to dance our dances of freedom for all the world to see—even and perhaps especially in times of great difficulty. Dances of hope. Dances of justice. Dances of love. During this season, post-resurrection stories point to the joy of living in the beloved community and extending that fellowship through our witness as we dare to dance again!

This journal was designed as a companion to the Worship Design Studio worship series, “Dare to Dance Again” (<https://worshipdesignstudio.com/easterdance>). You can use it on your own as a solo experience or in a small group setting where you can share reflections with one another.



Week One

For All Peoples a Feast: Dare to Dance Again!



On a morning when all seemed lost, a stone had rolled away to uncover the feast of all feasts, the joy of all joys. The shroud of death had become a veil for gladness, for celebration, for dancing. What if we stopped trying to outrun one another in a race for things that do not matter in the end, and instead ran toward life and hope and all the joy we can accomplish together, daring to dance again?

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb... So she ran and went to Simon Peter and the other disciple... Then Peter and the other disciple set out and went toward the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first.

- excerpt from John 20: 1-18

The new life and fresh possibilities I'm running toward:

Week Two

With Great Power: Dancing Together



Dancing requires that we pay attention to our dance partners. It requires finding a rhythm together. The Sunday after Easter brings the story of Jesus appearing to the disciples and breathing the Holy Spirit on them. Other scriptures this week point to the power of being together, of finding fellowship in the presence of Jesus and the presence of the community. What does it take to dance together?

The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. We write this to make our joy complete.

- excerpt from 1 John 1:1 - 2:2

**These are the people I consider “dance partners”
on my faith journey and/or on the road of life:**

Week Four

By This We Will Know: The Dance of Love



How do we know the rhythm and dance of our lives is faithful? Drummer of the Grateful Dead, Mickey Hart, wrote: “To fall in love is to fall in rhythm.” It is love for each other by which we know we are followers of Jesus, the ever-attentive shepherd. In the face of societal rules and attitudes that strive to foster “everyone for themselves,” they will know we are Christians by our love. How can we listen to the music that draws us together, “falling in rhythm” with neighbor in order to build up the whole?

We know love by this, that he laid down his life for us—and we ought to lay down our lives for the brothers and sisters. How does God’s love abide in anyone who has the world’s goods and sees a brother or sister in need and yet refuses help? Little children, let us love not in word or speech but in deed and truth. – excerpt from 1 John 3: 16-24

I see the dance of love happening in this community through these people / actions:

Week Five

From You Comes My Praise: Guide My Steps



The Ethiopian says, “How can I understand, unless someone guides me?” So Philip begins to proclaim the good news of Jesus and the eunuch commands his chariot to stop so that he can go down to the water and be baptized. How has the testimony of the people in our lives and through the generations guided our steps into dances of praise at the good news that we are loved and blessed? What transformation is possible as we abide with God, the vine from which we find our sustenance?

Now there was an Ethiopian eunuch, a court official of the Candace, the queen of the Ethiopians, in charge of her entire treasury. He had come to Jerusalem to worship and was returning home; seated in his chariot, he was reading the prophet Isaiah. Then the Spirit said to Philip, “Go over to this chariot and join it.” So Philip ran up to it and heard him reading the prophet Isaiah. He asked, “Do you understand what you are reading?” He replied, “How can I, unless someone guides me?” And he invited Philip to get in and sit beside him.
 – excerpt from Acts 8: 26-40

Here are the sources I trust to give me good guidance:

Week Six

Who Can Withhold? Break Forth!



The Psalm for this Sunday describes everything in creation offering joyful noises to God. Our joy is complete because the joy of Christ resides within us. We cannot help but break forth. This joy is available to all, realizes the community in the Acts scripture. The Holy Spirit finds its way even and especially in what feels like unlikely people and places. Where do we see the Spirit at work? And who can withhold the living water and our living praise? No one!

O sing to the Lord a new song, for God has done marvelous things. God's right hand and holy arm have gotten them victory. The Lord has made known their victory; God has revealed their vindication in the sight of the nations. God has remembered their steadfast love and faithfulness to the house of Israel. All the ends of the earth have seen the victory of our God.

- excerpt from Psalm 98

This makes me want to jump for joy!:

Week Seven

Gone Up with a Shout: Clap Your Hands



As Jesus prepares to leave the disciples, he opens their minds and blesses them. The result after he ascends is their return to Jerusalem with great joy and a desire for “continually” worshiping and blessing God in the temple. What happens when the “eyes of our hearts are enlightened?” We know the hope to which we have been called. As we wait for the Spirit with hope, we celebrate with abandon because we have no other ruler than the One who reigns with love and justice.

Then he said to them, “These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.” Then he opened their minds to understand the scriptures, and he said to them, “Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things.”

– excerpt from Luke 24: 44-53

I find hope in:

Week Eight

Spirit Poured Out: Dare to Dance Again



Ezekiel has a vision of a valley full of bones receiving life, breath, sinew and flesh after encountering the word of God. When they arise, they receive Spirit and they dance! As Easter people, we celebrate the Spirit that continues to give life and breath to our dry bones. We dare to dance in the face of fear, in the face of cynicism, in the face of despair. We dare to dance “as long as we live” for we, like the early Christians, are the recipients of the Spirit of God which intercedes even when we think we can’t make it to the dance floor. In hope we are saved!

The hand of the Lord came upon me, and he brought me out by the spirit of the Lord and set me down in the middle of a valley; it was full of bones. He led me all around them; there were very many lying in the valley, and they were very dry. He said to me, “Mortal, can these bones live?” I answered, “O Lord God, you know.” Then he said to me, “Prophecy to these bones and say to them: O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: I will cause breath to enter you, and you shall live... and you shall know that I am the Lord.”- excerpt from Ezekiel 37: 1-14

These dry bones are crying out for new life:

