



## **NEW LIFE DANCE MINISTRY MANUAL**

A Ministry of New Life Worship Center

2017

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## CHAPTER 1: THE CALL

Everyone can and should dance to the Lord. Not everyone is 'called' to be on a dance team. This call, like any other, requires a gift of dance. Everyone can sing to the Lord. Not everyone is called to be in a choir, or have a microphone in their hand attempting to lead people into the presence of the Lord. They must have a vocal gift to do so. Otherwise, a good attempt will have the opposite effect in both instances.

Both require 'gifting' from the Lord and both require the 'call' of God. Just because someone wants to be on a dance team, does not automatically qualify them to do so. They must have a God given ability to dance or at least be able to learn to dance.

Further, God only anoints what He calls. Dancers must have the gifting and the call of God to the dance ministry. In other words, they should have a sense of God's call to the ministry and they need to have rhythm and be able to dance or be taught to dance. Otherwise, it too will have a negative effect. It is a must to have your dancers properly positioned in their gifting and call.

Acts 1:24

*And they prayed and said, "You Oh Lord, who know the hearts of all, show which of these two You have chosen to take part in this ministry..."*

The Apostles wanted to make sure that God's man was picked to share the ministry with them in the work of the Lord. This gives a clear picture of how vitally important it is that the right ones are connected with you and your team.

Proverbs 18:16

*"Your gift will make room for you".*

If a dancer has no coordination or rhythm, it is not likely that God is calling them to be on a dance team. If you cannot carry a musical note, it is doubtful God is calling you to lead worship in a church choir.

Many times people operate out of their flesh simply because they want so badly to be used of God. Their heart is right, but we as leaders need to know how to identify where their gifting is in order to properly position them. Once this is accomplished the whole church will be blessed.

John 6:63

*"The flesh profits nothing."*

Again, God only anoints what He calls. It is very important that you know what you have been called to do, because that is where His anointing will be in your life. Great frustration comes from being improperly positioned.

Ask God to show you where your gifting is so that you can learn to flow in it. That is where your anointing will be and you will walk in peace there. More than likely you will have more than one gift, but you will have a strong gifting in at least one distinct area. Do not limit God, but do not expect God to suddenly give you a gift just because you think it would be fun to have. God calls each of us to do different things. God wants you 'properly positioned' because that is where you will be the most effective for Him. That is where you will carry His glory.

- Another challenging area in the body of Christ is in the area of motivation. Why are we motivated to do what we do for God? This is an area where believers need to search their hearts and ask God, "Lord, why am I really doing what I am doing for You?" Is it for self-glorification and satisfaction? No, it couldn't be that, right? Could it be because I want to be seen or heard? Then what is it? These are hard questions, but questions that I have had to ask myself as well. Many times we do not even know the motives until we ask God what they are. When you ask Him, get ready because He will show you. And praise God He does. No matter what area of gifting we flow in, our heart's motives should always be because we want His presence to come. All of us at different times need an adjustment from God in our attitudes and in our motives. Dancing is not about showing off by performing. It is about carrying His glory and ushering in His presence. Anything other than that will need to be dealt with or it can and will affect the team as a whole. Just ask God for a Holy Ghost adjustment! He will do it if you ask. Pure motives are a key to carrying His presence.

To Summarize ask yourself:

- Why do I want to do this or that?
- Is it to draw attention to myself or to Him?
- Do I have the gifting to do what I seem to want to do or is it frustrating each time I attempt to do it?
- Has God called me to do this or have I put myself here?

Some people get very frustrated because they are afraid that they will not match up to others who seem to have great ability in dance. But when it is the call of God, He will equip you to do what He has called you to. Your calling will always be confirmed. On the other hand, if it is not your calling, it will be confirmed as well. Being properly positioned is such a powerful key to effectively usher in His presence and Glory.

## CHAPTER 2: THE DANCE TEAM VISION

Habakkuk

*“Then the Lord answered me and said: Write the vision and make it plain on tablets, that he may run who reads it. For the vision is yet for an appointed time; but at the end it will speak, it will not lie. Though it tarries, wait for it; because it will surely come, it will not tarry.”*

Proverbs 29:18

*“Where there is no vision, the people perish”*

Each dance team needs to have a clear vision. We pray and ask the Lord to give us a vision for our team. Without a vision, the team will not know the objectives or goals which you are trying to achieve as a team. As a church dance team, our vision must be submitted to our pastor/s for approval before sharing it with the team.

Matthew 18:19

*“If two of you shall agree as touching anything that they should ask it shall be done for them by My Father in heaven.”*

Each member needs to know what their purpose is, what is expected of them, and the outcome that you want to accomplish. That way, the team will be able to come into agreement and pray accordingly and see the vision come to pass.

Matthew 25:21

*“Well done good and faithful servant; you were faithful over a few things, I will make you ruler over many things.”*

Always give room for the vision to grow or change. God may adjust and expand the vision. Never limit God. As you are tried and tested in the small, He will expand and enlarge your borders.

We give each member of the team a copy of our vision so they can carry it to the Lord in prayer. This will also give them a direct part of helping it come to pass.

### **The Team Vision**

The *New Life Dance Ministry* desire is to achieve the following, but is not limited to:

**To usher in the presence of God through dance, thereby seeing people delivered, saved, healed, and made free to worship the King of Kings and the Lord of Lords.**

## Dance Ministry Objectives

- To instruct and help other dance teams and individuals in the proper mechanics of dance, which include basic ballet, contemporary/modern, hip hop, expressive worship through sign language, large flags, baton flags, billowing cloths, streamers, fans, tambourines, and other instruments of worship.
- To help others properly structure a new dance team or restructure an already existing dance team for the most effective expression of worship in dance.
- To teach them to correctly operate in spontaneous or choreographed dance.
- To provide instructional materials and tools to assist in their worship through dance.
- To travel locally, regionally, nationally, and internationally as a ministry team, ministering to others as God opens the doors.
- To help the dancer/dance team understand the keys to ushering in the presence of the Lord.

### CHAPTER 3 - THE SPIRIT OF EXCELLENCE

Proverbs 12:26

*“The righteous is more excellent than his neighbor: but the way of the wicked seduces them.”*

Isaiah. 4:2

*“In that day the Branch of the Lord shall be beautiful and glorious; and the fruit of the earth shall be excellent and appealing for those of Israel who have escaped.”*

Daniel 6:3

*“Then this Daniel was preferred above the presidents and princes, because an excellent spirit was in him, and the king thought to set him over the whole realm.”*

Why should we in the church expect anything less than the secular world does? The church needs to have a spirit of excellence in every area. We are to be examples to the world, but it seems in many cases, the world is an example of excellence to the church. We believe God expects us to be excellent in everything we do. It is time to stop just ‘filling’ positions in the church to take up space. It is time to properly place people where God wants them placed. Then and only then will they flow in excellence with the gift/gifts God has given them.

Nehemiah gives a perfect example of properly positioning people. Nehemiah, the governor of Judah, knew how vitally important it was to position certain people to get the job done and to get it done correctly.

Nehemiah 4:10-12

*Then Judah said, “The strength of the laborers is failing, and there is so much rubbish that we are not able to build the wall.” And our enemies said, “They will neither know nor see anything till we come into their midst and kill them and cause the work to stop.”*

*So it was, when the Jews who lived near them came, that they told us ten times, "From whatever place you turn, they will be upon us."*

In verse 10 we read that the strength of the laborers was failing. They were being warned that they were about to be attacked. I am sure Nehemiah carefully chose those families who were fit and capable of fighting if necessary to protect Jerusalem. (See verse 13).

Nehemiah 4:13

*"Therefore I positioned men behind the lower parts of the wall, at the openings; and I set the people according to their families, with their swords, their spears, and their bows."*

Nehemiah positioned these families in strategic areas to defend his cause. This is a good lesson for the church to learn.

Our purpose should always be to 'position' or 'fit' people into their proper place. This is where they will flourish and be a great success in the kingdom of God.

Every ministry must have a spirit of excellence. A person not qualified nor gifted to serve in a specific area will cause great frustration for himself and others. In like fashion, teaching someone who has no dance ability will hinder the progress of the entire team and frustrating everyone involved. Allowing a person to step into a ministry area which he or she is not gifted or called to do will demand many hours of unnecessary work and effort by all, thus compromising the spirit of excellence.

The church needs to recognize the specific gifts and callings before placing someone in a ministry position. In doing so, the ministry will flourish and flow with a spirit of excellence. It will not only benefit the individual, but everyone who receives from their ministry gift.

We have requirements for our dance team. 1) They must be called and gifted to dance. 2) They must be worshipers, whose sole desire is to usher in the presence of God through dance. 3) Our dance team must be disciplined in their worship time.

We seek to hear God regarding each individual. When we hear from God we will then have great spiritual success! We expect excellence from our dance team. We have set a high standard and do not lower it. We want our dance team to be a tremendous testimony not only to the church, but also to the world. Whenever possible we will take our team to be refreshed, taught, and ministered to at dance conferences.

#### **To Summarize:**

- What is the vision and motive for our dance team?
- Do we allow just anyone to join?

Anyone may have a desire to dance, but not all are called and equipped by God to usher in His presence.

God is bringing back the arts to the church. It is not about entertaining the church. It is about carrying His glory and His presence. Anything less than this is simply mechanical and not God's best.

- Expect our dance team to practice with excellence.
- Expect them to minister with excellence.
- Expect them to present God with excellence.
- Expect them to represent Him well.

Let us do like the men and women of God's word. Do everything with excellence. It will surely make a difference. Our dance team will be set apart to God. Let us do it God's way.

#### **CHAPTER 4: SELECTING DANCERS FOR THE DANCE TEAM**

This chapter will emphasize what we look for when choosing a dancer for our dance team. As has already been stated in a previous chapter, many people desire to be on a dance team but do not possess the ability to do so. It is very important choose the right people for our team. Second to that is how we structure our dancers on your dance team. This structure may require us to restructure where you currently have your dancers placed.

##### **What we look for...**

We always look for someone who seems to have the ability to dance, but that alone is not good enough. We always keep my eyes open for teens and adults in a church setting who have a freedom in worship. At first, we are not looking for someone who has the ability to dance. We are looking to see if they are a worshiper. We are not looking for just another dancer. We are looking for someone who can carry His glory while they dance. There is a big difference.

Once we see that they are a worshiper, we watch to see if they have rhythm clapping their hands and moving to the music. If they do not, then we will not ask them to even try out for our team.

When we have those two questions answered, we then ask them if they have a desire to dance for the Lord. If they respond favorably, we then ask them if they are able to dance. If their response is "yes", then the director will ask them if they would like to try out for the church dance team.

## **Dance Team Auditions**

Dance auditions or try outs can be done several different ways. If the person trying out is currently taking dance lessons, then the director may ask them to put a mini routine together using 8 counts and present it to you on a certain day. If they do not take dance, then it would not be appropriate to assume they could put something like that together. It would then be best to tell the person trying out that the try outs will consist of dance combinations put to Christian music and that in order for the dancer to be accepted on the team, they will need to prove that they can learn the combinations. Most dancers improve with time. Therefore, we do not have to make try outs extremely difficult. We are merciful, yet keep a standard of excellence in all we do, even in the try outs. If someone has a God given ability to dance yet have had no formal lessons, we would much rather keep try outs simple for them and then work with them to bring them to a higher level of dance rather than lose them altogether.

Following try outs the director is already thinking about what team the candidates will be placed on. Here is the way we set up our teams.

### **Examples of Team Structuring**

#### **Team I**

This is the top group with the highest level of dance experience and ability. These dancers are expected to stay physically fit at all times in order to fulfill the vigorous demands required at this level of dance.

#### **Team II**

This is the next level of dancers. These dancers will have slightly less dance abilities than Team I and may even have a little more weight since their level of dance will not require them to do as strenuous of dance moves as Team I. The Team II dancer will have the opportunity to move to Team I at any time depending on their improvement, physical fitness and ability to dance at the top level.

## **CHAPTER 5: DANCE ATTIRE**

This chapter will emphasize dance attire: New Life Worship Center is adamantly opposed to any type of dance attire that appears provocative in any way. We do not promote any certain type of dance attire. As long as you stay within the boundaries of God's word dressing modestly, whether in a dress or pants you will be just fine. What works for the director may not agree with you or work for you. Our team's dance attire will depend on our spiritual covering and how they interpret the Word of God in this area.

If not careful one fast turn could show everything! Proper attire is vital to our spiritual integrity and team's style of dance. Our team will get down on the floor; turn fast, do leaps, lunges, etc., so basically, we are all over the place while dancing. Most of the time a dress is not appropriate for the style of dance we do. I am very aware how easily the enemy can bring distractions when dancing. The director is keenly aware of that and always wants to make sure that the dancers are completely covered top to bottom so that no body parts are showing. It doesn't take much to distract people who are watching you dance so we must use wisdom.

### **How We Dress**

Our dress attire is generally determined by the type of song to which we dance. If the girls are doing some really cool hip hop dance, they dance in jeans or appropriate hip hop attire. They have been trained to always wear undergarments under their blouses and pants. We do not want any distractions of any kind while dancing, so they make sure that they are completely covered and yet still look very stylish with the type of dance they are ministering. When doing a very slow worship dance, we occasionally wear dresses, but we feel more at ease with our style of dance wearing loose fitting Palazzo pants. Wearing these gives us the liberty we need to jump, turn, leap, or lunge so we are able to concentrate on the Lord during our dance and not on whether some body part will be exposed. You cannot lead people into the presence of the Lord through dance if you are unable to go there while dancing.

As our team's level rises and expands in their abilities, we might have to adjust our dress attire to accommodate a higher level of dance. I have worn a dress while ministering and gotten my foot caught in it. This caused me to be thrown off slightly while I was right in the middle of ministering. For this reason, I prefer wearing pants when I dance. No matter what attire we choose, layering is a must in order to prevent nipples from being exposed through blouses or dresses or the outline of your buttocks, etc. I suggest leotards under pants and blouses. That way if your dancers are dancing in jeans, when they squat down they are completely covered. There are all kinds of great undergarments out there now.

The bottom line is nothing should be worn that is provocative and questionable that would draw attention away from ushering in His glory. But I see nothing wrong with youth dancing in pants or for that matter, adults dancing in pants as long as flesh and bulges of excessive skin are not hanging out all over the place. So allow God to show you what is best for you and your team.....modesty is the key no matter what the attire.

### **CHAPTER 6: DANCE TEAM REQUIREMENTS**

1. That he/she is a worshiper of the Lord, as evidenced by their outward participation.
2. That he/she be connected to New Life church as a member and attend regularly.
3. That he/she have 'a call' on their life to be on a dance team.

4. That he/she have either the God given ability to dance, or have some form of formal dance instruction which would qualify them to be a part of this dance team.

5. That he/she is able to commit to the practices required, unless otherwise agreed upon from the beginning such as: difficulty with child care, school studies, work, illness, etc. A dancer must always make an effort to contact the dance ministry director if unable to attend dance practice. Frequent absences may require a dancer to be released.

6. That he/she is physically fit and stays that way if on Team I due to the physical demands required to dance at this level. This is not is a requirement of Team II or Team III.

7. He/she must try out (audition) first before being accepted to the dance team. If it is felt that he/she does not have the ability or the call to be on this dance team, he/she will not be accepted on the team. God has called this team to a certain level of dance and excellence and there should be no hurt feelings.

8. He/she will dress modestly for dance practice. No short shorts, short blouses, low blouses, or low pants that expose body parts. This is not a legalistic thing. This is just wisdom and reverence for God's house.

9. A dancer under the age of 18 will have to have parents signed approval to be on this dance team in agreement with the requirements.

10. That he/she has the liberty at times to travel to minister in dance or assist with training workshops.

11. That he/she have the liberty to go out to eat after we minister when the team is able to do so. Otherwise, the parent will have to make arrangements to pick the dancer up at the place we are ministering. Each dancer will pay for their own meals, unless otherwise indicated by the director.

12. The assistant director is second in charge. When the dance ministry director is out, the assistant director will be in charge. If both are out, the dance ministry director will appoint someone else.

#### **Things that might require dismissal or correction while on the dance team:**

It is our heart to restore and not to dismiss from this team and when at all possible, to do so through prayer and in a spirit of grace. Nevertheless, consistent problems in the below issues which are not resolved will leave us no option but to release the dancer from the church dance ministry team.

1. Willingly carrying un-forgiveness and refusing to repent. Remember, your unconfessed sins can affect the whole dance team. Look at what happened to the children of Israel!
2. A consistent rebellious attitude.
3. A dancer caught using drugs, alcohol, or nicotine.
4. A dancer who has gained a considerable amount of weight on Team I.
5. A dancer (teen) who allows a friend or boyfriend to hinder them from freely worshipping the Lord either in youth services or worship services.
6. A dancer who is involved in an ungodly relationship and doing ungodly things that mis-represent the Lord, the church, and this dance team. We are to be leaders by example.
7. A dancer who consistently misses practice and does not call to report why. If a dancer is unable to attend dance practice, he/she must call.
8. A dancer using unacceptable conduct, i.e.: foul language will not be tolerated on this team. We are to be leaders and examples to others.
9. A dancer who does not attend church regularly and demonstrates little commitment to New Life church.

**Remember...**

You represent more than yourself here. You represent the Lord first, New Life Church, and the church dance ministry team.

Dancer's signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian signature \_\_\_\_\_ Date: \_\_\_\_\_

**MEDICAL WAIVER**

**Please list below any physical limitations, medical conditions you have, or any prescriptions you take:**

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I \_\_\_\_\_ hereby do not hold New Life Worship Center responsible for any physical problems, allergic reactions, or injuries related to taking part in the dance ministry.

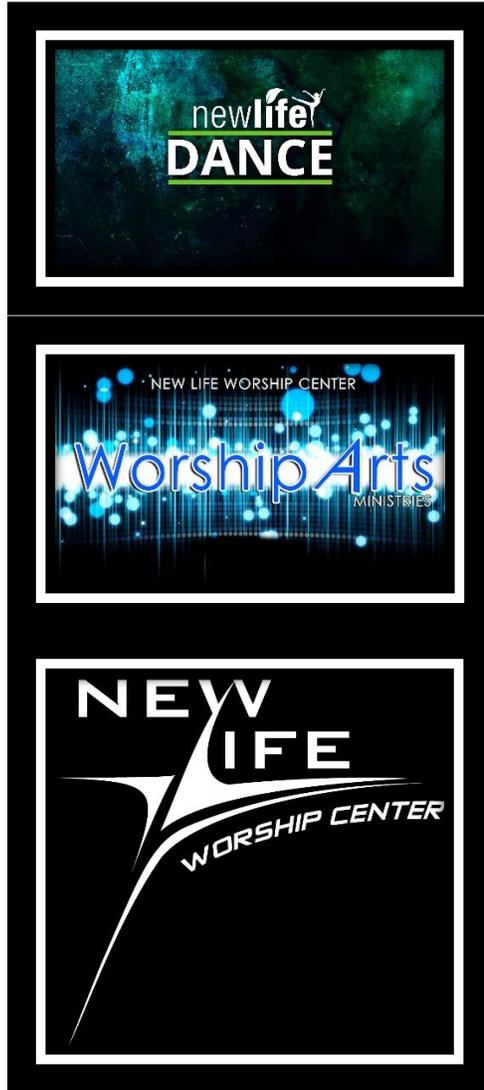
Date: \_\_\_\_\_

I, \_\_\_\_\_, the parent of \_\_\_\_\_ hereby do not hold New Life Worship Center responsible for any physical problems, allergic reactions, or injuries related to taking part in the dance ministry.

Date: \_\_\_\_\_

## **NEW LIFE DANCE MINISTRY**

*A Worship Arts Ministry of New Life Worship Center  
Tyler, Texas*



**Under the Pastoral Supervision of:**

Pastor Chad A. Stafford, Associate/Worship Arts Pastor

**Under the Direction of:**

Mrs. Janet Crews, New Life Dance Ministry Director