

## **A Worship Minute.....**

(by Rev. Jack Hayford)

“Worship involves physical expressions founded upon biblical guidelines; they are neither ritual, perfunctory actions, or the serving of emotions for their own sake. Among the physical expressions of worship found in Scripture are kneeling, clapping hands, raising hands, verbalized praise, singing hymns and psalms, weeping, laughing, bearing witness aloud (“Amen”), reading the Word aloud, prostrating before the Lord, speaking in tongues, dancing before the Lord, giving public testimony, standing, silence, and spiritual song. In just a single chapter (20) of 2 Chronicles, eleven different Hebrew verbs for active physical worship are found.”