

30 Days of Prayer

Day 27

2 Samuel 6.14-15, 20-22

¹⁴David danced before the LORD with all his might; David was girded with a linen ephod.

¹⁵So David and all the house of Israel brought up the ark of the LORD with shouting, and with the sound of the trumpet...

²⁰ David returned to bless his household. But Michal the daughter of Saul came out to meet David, and said, 'How the king of Israel honored himself today, uncovering himself today before the eyes of his servants' maids, as any vulgar fellow might shamelessly uncover himself!' ²¹David said to Michal, 'It was before the Lord, who chose me in place of your father and all his household, to appoint me as prince over Israel, the people of the Lord, that I have danced before the Lord. ²²I will make myself yet more contemptible than this, and I will be abased in my own eyes.'

God of frivolity and playfulness,

At the celebration of your return to Israel, King David danced before you in his underwear. So why do I find it so difficult to do anything for your sake that might embarrass me or make me uncomfortable? Help me to be more secure and confident so that I might join in the dance. Play the rhythm of your joyful song in my head and in my heart. Place a melody in my soul so that I have no choice but to dance and celebrate in the richness of your blessings! Make harmonies come bubbling up from inside me so that the whole world can hear your song and dance your dance!

Remind me daily, Lord, that in you there is light and laughter. Remind me that the worries of this world do not have the final word. Tell me every day that you are Lord, and that nothing exists outside of you. Sing me your song and dance with me each and every day. In the name of Christ, Amen.

This is a great story about a celebration that took place after the Ark of the Covenant was returned to Israel. Where the Ark of the Covenant was, God was there, too. So its return signified the return of God to the people of Israel.

To celebrate, King David danced in his underwear. His wife Michal, who hated him, scolded him for his behavior. But David defended his actions saying that he would become even more undignified for the sake of the Lord.

This story reminds me not to take myself too seriously. It reminds me that it is ok to be ridiculously ecstatic for the sake of the Lord. It is ok to praise him with tears and laughter. It is ok to dance before the Lord with joy. And it is ok to give of myself with reckless abandon! "I will make myself yet more contemptible than this!"