



**2010**

Rhema Praise Dance  
Ministry

Semico Parson and Heather Walker  
Cornerstone Church  
8/1/2010

## Letter from the Heart

Dear Praise Dancer,

I first off want to thank you for your willingness and participation in the Rebirth process of the Cornerstone Praise dance ministry. As GOD begin to lay it on my heart to start the ministry I earnestly prayed that my heart and motive was right. As I slept at night, I envisioned so much for the ministry, and God truly gave me direction in the way to lead this ministry. My husband says that I often praise dance in my sleep! With that being said, I pray that you will pray with me and Heather as we embark on the journey of teaching and leading others through praise and worship and dance.

I believe that God speaks to his people in different ways and one of the ways that I have connected is through dance and my personal relationship with Christ. Being a praise dancer is anointing, and a calling. So I would pose the question what is your true purpose for wanting to be a praise dancer? For some praise dancing is a new idea, for others its not new, but GOD is going to do a NEW thing in this ministry. Allow him to awakening your senses, and creativity and let the anointing fall fresh. Trust in him and let him lead and guide you, I promise he will never disappoint.

I chose the name Rhema Dancers because Rhema in Hebrew means "Right Now" For such a time as this....

Dancing can be so powerful! And I have truly encouraged myself through dancing, I have had the privilege to see strongholds being broken, and breakthroughs come forth. So I challenge you to see what GOD is about to do in the lives of his people.

Cordially,

Sister Semico Parson

## Qualities of A Rhema Praise Dancer



- ❖ Committed to the house of GOD and the vision of the church.
- ❖ Skillful in dance
- ❖ Has an active worship lifestyle
- ❖ Punctual
- ❖ Flexible, consistent, confident and dedicated
- ❖ Able to submit to authority
- ❖ Willing to fast and pray

Dancers are pleasing to GOD and are Christ Centered

Ecceslaties 3:4 A time to weep and a time to laugh; a time to mourn and a time to dance.

### Different Type of Praise Dancers

#### **1. Celebration dancer-**

(jumping, leaping in celebration of Christ, Victory and Majesty).

#### **2. Praise Dancer-** Praise our Faith in Action

Psalm 146:1-3

Psalm150:4

#### **3. Prophetic Dancer-**

A spontaneous dance inspired by the Holy Spirit. It is a dance which people hear and see the message from GOD. (Prophetic)

#### **4. Travail Dancer-**

A victory dance by faith thanking GOD for answers to prayers before they are seen; it is an outward confession and showing that GOD is able to do exceeding abundantly above anything.

### **5. Warfare Dancer-**

Movements that express warfare would be punching, stomping and kicking. A warfare dance would be done by Faith to bring all types of breakthroughs.

### **6. Worship Dancer-**

An expression of Awe! Reverent fear and loving passion birthed from the Spirit of the dancer to the Spirit of GOD.

### **Praise Dance Flags, Streamers, Garment Colors/Meanings**

#### **Amber**

Glory of God, the Father's heavenly care, fiery passion, flaming throne of God, the temple of God, wisdom

#### **Blue**

Blue signifies the blue skies or the life-giving air and often signifies hope or good health. Blue is symbolic of heaven. It may also be used to symbolize truth.

#### **Black**

Said to represent the absolute, constancy, eternity. black may also denote death, fear and ignorance. Black is the liturgical color of Good Friday.

## **Brown**

Brown is symbolic of the earth and was often the color of a monk's robe, signifying humility and God's connection with the commonplace and the ordinary.

## **Bronze,**

## **Brass,**

## **Copper**

Judgment, Fires of testing

## **Burgundy / Wine**

New wine, the cup of the new covenant, blessings, rejoicing, blood of Jesus, Bride of Christ, surrender, the fellowship of Christ's suffering

## **Gold**

Deity, Wealth, Kingliness Refining Fire, the Godhead, glory, purification, Divinity, majesty, righteousness, Divine Light, mercy

## **Gray**

Gray is the color of ash, and as such is sometimes used to represent repentance. As a blend between black and white, it is sometimes used to express the mortality of the body and the immortality of the spirit.

## **Green**

Green symbolizes the breaking of shackles, freedom from bondage. It is the color of fertility. In the Christian context, it represents bountifulness, hope and the victory of life over death. Green is the color of plant life, abundant in spring.

## **Orange**

Symbolic of endurance and strength, orange is the color of fire and flame. It represents the red of passion tempered by the yellow of wisdom. It is the symbol of the sun. Praise, Warfare, power, fire, harvest season, fruitfulness, joy

### **Pink (Rose)**

Rose of Sharon, the Father's tenderness over His children, innocence, youth tender heart for Jesus, the Bridegroom's heart

### **Purple**

Purple speaks of fasting, faith, patience and trust. Purple is the color for penitence and mourning. It is also the color of royalty.

### **Red**

Signifies action, fire, charity, spiritual awakening. It also glorifies the sun and the joy of life and love. In the Christian symbolism, it denotes Holy Spirit. It is the color of Pentecost. Red is the color of blood.

### **Silver**

Redemption, Word of God. Freedom, Strength, Atonement, divinity, righteousness, strengthened faith, wisdom, and purity.

### **Turquoise**

Waters, healing, Energizing by the Holy Spirit.

### **White**

Purity, virginity, innocence, and birth, are symbolized with this color. White is the liturgical color of Christmas and Easter. White is sometimes represented by silver.

## **Rehearsals/Time Line**

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## **Saturdays 10:00-12:00**

10:05- Prayer

10:00-10:15 Stretching

10:15-10:30- Listen to music

10:30-12:00 Practice

- ❖ Please come prepared to practice, must bring wear loose workout clothing, and bottled water.
- ❖ If you are teaching a dance, please be prepared and ready to teach, this includes bring your music.
- ❖ One the mornings that we minister we will be fasting until after Sunday service is over. If you take medication that requires the need for food please follow the directions of your doctor.
- ❖ It is a requirement to be at Sunday morning prayer the day that we minister. So 6:30am.
- ❖ After prayer we will rehearse so be ready!



❖ During rehearsal we will have a dress rehearsal to make sure we have everything ready to worship.