

# SIGN OF DANCING JOY

Psalm 30

- 1. Healing** Living Spirit, heal me.  
*I touch my forehead*
  
- 2. Living** Restore my life from the pit.  
*I touch my navel*
  
- 3. Dancing** Turn my mourning into dancing.  
*I touch my left shoulder*
  
- 3. Praising** Move me from silence to praise.  
*I touch my right shoulder*
  
- 5. Joyful** Fill me with Your Joy.  
*Hand on heart, I take three breaths:*

The first to breathe in the Spirit of Joy.

The second to feel restoring Joy fill me.

The third to breathe my gift of Joy out into my life,  
especially when I feel numb through events.