

SELAH

pause . hold . consider

Be still and know that I am God.

Psalm 46:10

SELAH

Where am I seeking **security**?

Where am I finding **encouragement**?

What is calling me to **level up**?

Where am I feeling a sense of **awe**?

What is bringing **harmony** to my life?

WHAT IS SELAH?

Pause, Rest, Sustain

Note to the reader:

Pay Attention! Stay Alert! Look to the Director

Spiritual practice of Reflection



SELAH

the seed that is planted

SHALOM

the fruit that grows

a settled sense of peace
with God, with life, and within myself

IS SELAH A "MUST HAVE"?

my experience of its absence:

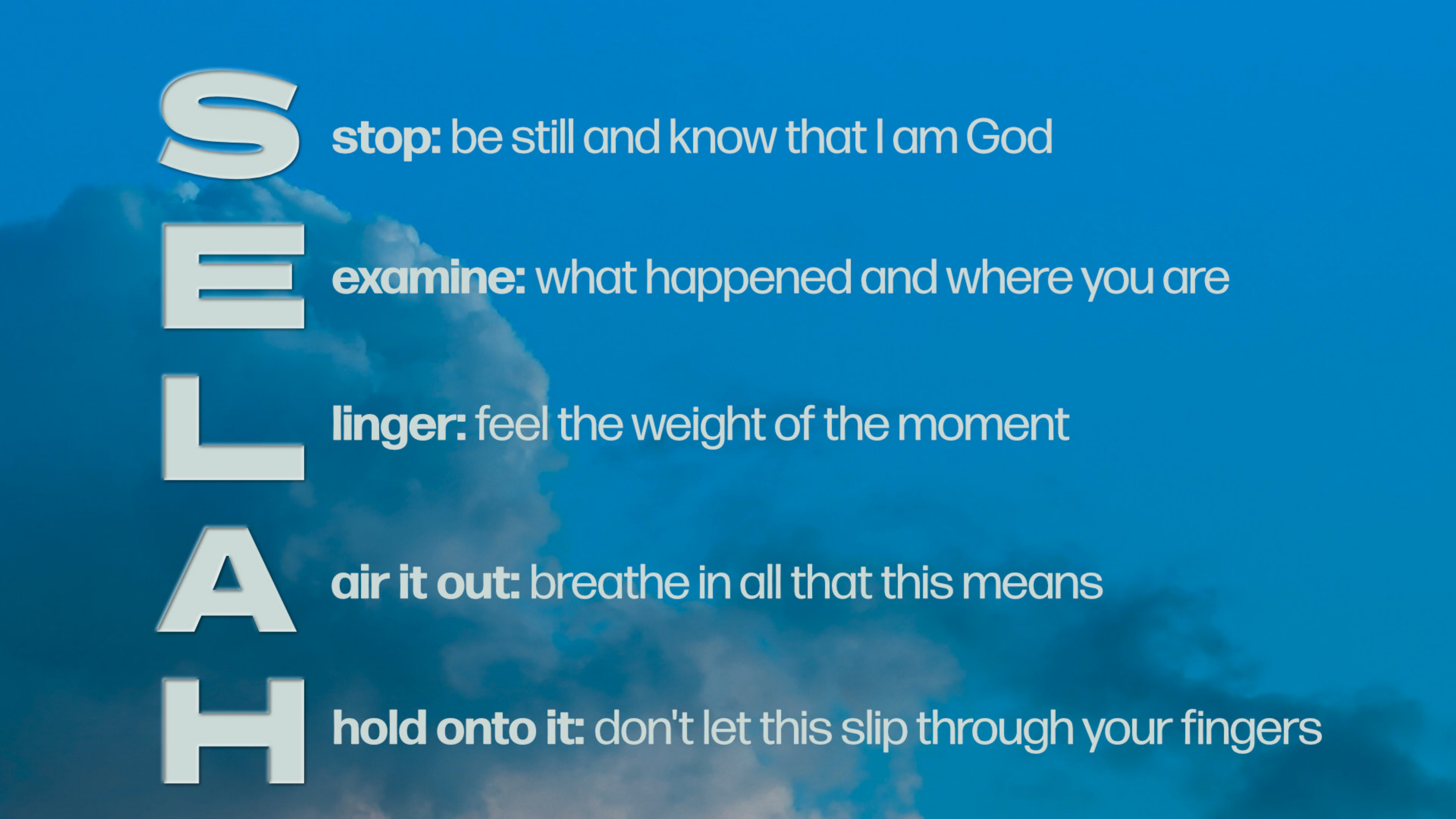
**scattered, exhausted, leery
anxious, hurried**

THE PRACTICE OF SELAH

Jesus heals ten with leprosy

- one of them came back praising God
- Jesus asked, "Where are the other nine?"
- Jesus said, "Rise and go; your faith has made you well."

Luke 17:11-19



S

stop: be still and know that I am God

E

examine: what happened and where you are

L

linger: feel the weight of the moment

A

air it out: breathe in all that this means

H

hold onto it: don't let this slip through your fingers