

## 2026.06.14 WORSHIPFUL PAUSE | *Selah*

If you've ever read through The Psalms, you may have encountered a new word that appears several times. The word, *Selah* [see-LAH]. The word *Selah* is thought to be a musical notation of some sort, which is why some Bibles translate it as *musical interlude*. Others suggest these interludes have been intentionally placed at key moments in the psalms, in order to create a pause for rest and reflection. They invite us to *stop*, to pause and consider what God might be saying to us in that moment. Perhaps the instrumental music was an attempt to capture the emotion of the psalm, a kind of wordless prayer, for those times when we don't know how to express ourselves. Either way, the practice of *Selah* is probably something we all need more of in our lives, and in our worship gatherings—invitations to stop, be silent and still, and here the voice of God ourselves. So, this morning, I want to invite you into a practice of *Selah*.

In Psalm 46, the word *Selah* appears 3 times. As a way of practicing *Selah* together this morning, I'm going to read through Psalm 46 in its entirety, pausing for a moment of quiet reflection at each *Selah*. Now, I know moments of silence can be anxiety-inducing for some, so to help with that, we'll have a visual timer on the screen for each *Selah*. I invite you to use that space to quietly listen, or reflect on the words of Psalm 46, or prayerfully invite God to be present to you in this space. As we begin, and as a way of readying our hearts, let's pause for a moment of *Selah*, before I begin reading.

### [Pause for the 1<sup>st</sup> moment of *Selah*]

Psalm 46 says:

**"God is our shelter and our strength.  
When troubles seem near, God is nearer, and He's ready to help.  
So why run and hide? No fear, no pacing, no biting fingernails.  
When the earth spins out of control, we are sure and fearless.  
When mountains crumble and the waters run wild, we are sure and fearless. Even in heavy winds and huge waves, or as mountains shake, we are sure and fearless."**

*Selah*

**\*NOTE: Don't read the "selah" or the verse reference. Same each time.**

Psalm 46:1-3 (VOICE)

**Just let the visual pause lead the moment.**

### [Pause for the 2nd moment of *Selah*]

The psalm continues...

**"A pure stream flows—never to be cut off—bringing joy to the city where God makes His home, the sacred site where the Most High chooses to live.**

**The True God never sleeps and always resides in the city of joy;  
He makes it unstoppable, unshakable.  
When it awakes at dawn, the True God has already been at work.**

**Trouble is on the horizon for the outside nations, not long until kingdoms will fall;  
God's voice thunders and the earth shakes.**

**You know the Eternal, the Commander of heavenly armies, surrounds us and protects us; the True God of Jacob is our shelter, close to His heart."**

*Selah*

Psalm 46:4-7 (VOICE)

[Pause for the 3<sup>rd</sup> moment of *Selah*]

And finally...

**Come, gaze, fix your eyes on what the Eternal can do.  
Amazing, He has worked desolation here on this battlefield, earth.**

**God can stop wars anywhere in the world.  
He can make scrap of all weapons: snap bows, shatter spears, and burn shields.**

**"Be still, be calm, see, and understand I am the True God. I am honored among all the nations.  
I am honored over all the earth."**

**You know the Eternal, the Commander of heavenly armies, surrounds us and protects us; the True God of Jacob is our shelter, close to His heart."**

*Selah*

Psalm 46:8-11 (VOICE)

[Pause for the final moment of *Selah*]

[After the final moment of *Selah*, Band begins to play "Good God"]