



Selah: Pause and Meditate!

The Hebrew language renders *selah* (seh' law) as an interruption or a pause. Music includes interruptions and pauses. The Book of Psalms uses *selah* seventy-one times (see Psalm 52). Therefore, it must be an important word. No word or phrase in the Bible is insignificant. In our chaotic world, we need refreshing interruptions. Most vacations do not refresh our minds and bodies. Often, we return home to get rested. Jesus showed the best *selah*, as a twelve-year-old boy. He deliberately paused in Jerusalem, interrupting his parents' return home. When asked why he stayed, he said, "Did you not know that I must be about my Father's business?" (Luke 2:41-50, NKJV) Jesus knew the importance of pausing. He sent his disciples to the boat while he went to the mountain to pray (Matthew 14:23-24) I venture to say that many people reading the Psalms do not pause at the word "*selah*." We are so programmed to get it done and get to the next task that we do not know how to pause.

Beloved, even being born again, we do not remember we should be about our father's business. His business is not a truckload of tasks or a list of do's and don'ts. He just wants us to pause and bring our worries, sickness, pain, and troubles to him. We are to pause and minister reconciliation to those who have hurt us. When we pause, we move our focus from our issue to Jesus. Our focus on him refreshes us. Shalom!!

Love Life Ministry

Touching People with the Healing Power of God's Love®

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