

STOP! Say What?

By Laura Shaw

We were watching a movie with a heavy script. The music in the background was booming, but the words were muffled. *“What did they just say?”* We clicked backwards so that we could listen to it again. This happened several times throughout the movie, but we kept rewinding. After all, it wouldn’t be a complete movie experience if we couldn’t process the words....

While reading Psalm 143 this morning, I had a similar occurrence.

(vs 5 & 6) *“I remember the days of long ago; I meditate on all Your works and consider what Your hands have done. I spread out my hands to You; my soul thirsts for You like a parched land.”* Selah

STOP! **SAY WHAT?** **Selah....“**

“Pause,” “Reflect....think about it,” “Selah” –Say what? **Say-lah!** STOP! REWIND! Listen again. Soak it in! *“You won’t have an effective personal experience with Me today if you don’t process My words,”* the Lord reminded me in my spirit.

The word “Selah” is found over 70 times in Psalms, and most commentators believe that the songwriters placed it there to pause in the singing and bring in the instruments, thus giving “sink in time” to the words previously uttered. This comes to mind when a musical interlude comes in the middle of a worship song. I think, *“Selah. Stop! What did I just sing? Did I really mean the compliment I just gave to Jesus? What commitment did I make? Wait! Which sins did I just confess?”* The same attitude can be applied when we’re asked to push the pause button of our minds while reading the Word.

Let’s take a selah right now and meditate on the Scripture above: ***“I remember the days of long ago;”*** Reflect on the “God stuff” in those days instead of the circumstantial things. What did the Lord do in your life? What were you like before you were saved? ***“I meditate on all Your works and consider what Your hands have done.”*** Remember times of protection, instruments of change, people who were Jesus to you. If you could roll back the tapes in the spiritual world, how many times could you see God’s hand at work? ***“I spread out my hands to You; my soul thirsts for You like a parched land.”*** As you take the time to do what the Psalm writer intended for you to do, your parched soul, your tired self will begin to thirst again for the Lord to have His way with you today. ***Selah.***

Continue on....(vs 8-10)

“Let the morning bring me word of Your unfailing love, for I have put my trust in You.

Show me the way I should go, for to You I lift up my soul.

Rescue me from my enemies, O LORD, for I hide myself in You.

Teach me to do Your will, for You are my God; may Your good Spirit lead me on level ground.”

This is the beginning of a complete experience with the Lord, friends: A Selah moment of pausing, then reflecting—then committing to go the rest of the way for an ongoing

personal relationship with our Lord through the presence of the Spirit, praising Him as the “play” button of our lives continues, sometimes even in fast forward mode.

Stop! To be continued....