

## How can we apply this lesson today?

### Selah assignment

1. **What are your problems today?** *List them below*
  
  
  
  
  
  
  
  
  
  
2. **What promises of God can claim?** *Write them down*
  
  
  
  
  
  
  
  
  
  
3. **What provisions has God fulfilled?** *Count your blessings*

## Selah...Say What??

### Psalm 3

**Psalm 24** – “Who may ascend the hill of the Lord? Who may stand in His holy place? He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false...Such is the generation of those who seek Him, who seek your face, O God of Jacob.”

**Psalm 32** – “You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.”

**Psalm 39** – “Show me, O Lord, my life’s end and the number of my days; let me know how fleeting is my life. You have made my days a mere handbreadth; the span of my years is as nothing before You. Each man’s life is but a breath.”

**Psalm 46** – “God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.”

### **Q. What’s missing from these Scriptures? Selah**

**Selah defined: pause for reflection; Stop, Look, and Listen**

#### **I. Selah in our problems.**

**“O Lord, how many are my foes! How many rise up against me! Many are saying of me, ‘God will not deliver him.’” Selah**

**2 Samuel 15:12-14**, “While Absalom was offering sacrifices, he also sent for Ahithophel the Gilonite, David’s counselor, to come from Giloh, his hometown. And so the conspiracy gained strength, and Absalom’s following kept on increasing. A messenger came and told David, ‘The hearts of the men of Israel are with Absalom.’ Then David said to all his officials who were with him in Jerusalem, ‘Come! We must flee, or none of us will escape from Absalom. We must leave immediately, or he will move quickly to overtake us and bring ruin upon us and put the city to the sword.’”

**Matthew 27:41-44**, “In the same way the chief priests, the teachers of the law and the elders mocked him. ‘He saved others,’ they said, ‘but he can’t save himself! He’s the King of Israel! Let him come down now from the cross, and we will believe him. He trusts in God. Let God rescue him now if he wants him.’”

## II. Selah in God's promises.

**"But you are a shield around me, O Lord; you bestow glory on me and lift up my head. To the Lord I cry aloud, and he answers me from his holy hill." Selah**

*Exodus 15:2-3, "The Lord is my strength and my song; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him. The Lord is a warrior; the Lord is his name."*

### Promises to reflect on:

**Proverbs 18:10,** *"The name of the Lord is a strong tower; the righteous run to it and are safe."*

**Psalms 121:7-8,** *"The Lord will keep you from all harm – He will watch over your life; the Lord will watch over your coming and going both now and forevermore."*

**Psalms 28:7,** *"The Lord is my strength and my shield; my heart trust in Him, and I am helped."*

**Psalms 27:1,** *"The Lord is my light and my salvation – whom shall I fear?"*

**Romans 8:31,** *"What, then, shall we say in response to this? If God is for us, who can be against us?"*

**Hebrews 13:5,** *"For God has said, 'Never will I leave you; never will I forsake you.'"*

### Promise that God hears us!

**Psalms 4:3,** *"But know that the Lord has set apart the godly for himself; the Lord hears when I call to him."*

**Isaiah 30:19,** *"How gracious he will be when you cry for help! As soon as he hears, he will answer you."*

**Isaiah 65:24,** *"Before they call I will answer; while they are still speaking I will hear."*

**Psalms 145:18-19,** *"The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them."*

## III. Selah in God's provisions.

**"I lie down and sleep; I wake again, because the Lord sustains me. I will not fear the tens of thousands drawn up against me on every side. Arise, O Lord! Deliver me, O my God! Strike all my enemies on the jaw; break the teeth of the wicked. From the Lord comes deliverance. May your blessing be on your people." Selah**

**Philippians 4:6-7,** *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

**Isaiah 26:3,** *"You will keep in perfect peace him whose mind is steadfast, because he trusts in You."*

**Psalms 119:116-117,** *"Sustain me according to your promise, and I will live; do not let my hopes be dashed. Uphold me, and I will be delivered; I will always have regard for your decrees."*

**Colossians 1:16-17,** *"For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him. He is before all things, and in him all things hold together."*

**Psalms 118:6-7,** *"The Lord is with me; I will not be afraid. What can man do to me? The Lord is with me; He is my helper. I will look in triumph on my enemies."*

**2 Samuel 18:6-8,** *"The army marched into the field to fight Israel, and the battle took place in the forest of Ephraim. There the army of Israel was defeated by David's men, and the casualties that day were great – twenty thousand men. The battle spread out over the whole countryside, and the forest claimed more lives that day than the sword."*

**1 Samuel 17:46-47,** *"This day the Lord will hand you over to me, and I'll strike you down and cut off your head. Today I will give the carcasses of the Philistine army to the birds of the air and the beasts of the earth, and the whole world will know that there is a God in Israel. All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord's, and he will give all of you into our hands."*