

WE BELIEVE!

WK V - SELAH (OFF WEEK)

Psalm 3

3 O Lord, how many are my foes!
Many are rising against me;
2 many are saying of my soul,
"There is no salvation for him in God." **Selah**
3 But you, O Lord, are a shield about me,
my glory, and the lifter of my head.
4 I cried aloud to the Lord,
and he answered me from his holy hill. **Selah**
5 I lay down and slept;
I woke again, for the Lord sustained me.
6 I will not be afraid of many thousands of people
who have set themselves against me all around.
7 Arise, O Lord!
Save me, O my God!
For you strike all my enemies on the cheek;
you break the teeth of the wicked.
8 Salvation belongs to the Lord;
your blessing be on your people! **Selah**

Selah

The word "selah" is a direction of guidance for musical purposes found in the Psalms. Though debated among scholars, the most likely meaning of the word simply is to *pause*. Considering the context of uses in the Psalms, this makes sense - to pause and reflect on what has just been read or sung.

This week in **Men at Magnify** is a pause in the action - selah.

We've been digging into teachings from Scripture to help us discern our beliefs collectively and as individuals. We also believe in the power of prayer. As we yield ourselves to God, we believe that He encourages us to come to Him.

Take this week to pause and reflect on what we have already discovered. Take time in your devotional life to think less about the "what" and more about the "who" as you spend time with God: our Creator, our Redeemer, our Savior...

WK V - CONT.

Adoration

"Make a joyful noise to the Lord, all the earth; break forth into joyous song and sing praises!" (Psalm 98:4)

- Take time to reflect and adore God for who He is. Use some of the key Scriptures from the past 4 weeks to identify names, key attributes, and actions of God - give praise to Him for these things.

Confession

"And I said, "O Lord God of heaven, the great and awesome God who keeps covenant and steadfast love with those who love him and keep his commandments, let your ear be attentive and your eyes open, to hear the prayer of your servant that I now pray before you day and night for the people of Israel your servants, confessing the sins of the people of Israel, which we have sinned against you. Even I and my father's house have sinned. We have acted very corruptly against you and have not kept the commandments, the statutes, and the rules that you commanded your servant Moses." (Nehemiah 1:5-7)

- Bring whatever is darkness within you to the light - to God, to those you've sinned against, and to those who can help sharpen you. Healing only happens when we are willing to admit we are sick.

Thanksgiving

"Oh give thanks to the Lord; call upon his name; make known his deeds among the peoples!" (1 Chronicles 16:8)

- Share the goodness of God aloud. Give credit to Him for all He has done. With gratitude in your heart, identify specific instances where you've experienced God's love.

Supplication

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened." (Matthew 7:7-8)

- Our gracious Father wants to know what is on our hearts. What do you long for? What needs do you have? Ask Him, He wants you to bring them to Him - He wants to give you what you need.

SELAH

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