

# SELAH

pause . hold . consider

Be still and know that I am God.

Psalm 46:10



# SELAH

Where am I seeking **security**?

Where am I finding **encouragement**?

What is calling me to **level up**?

Where am I feeling a sense of **awe**?

What is bringing **harmony** to my life?



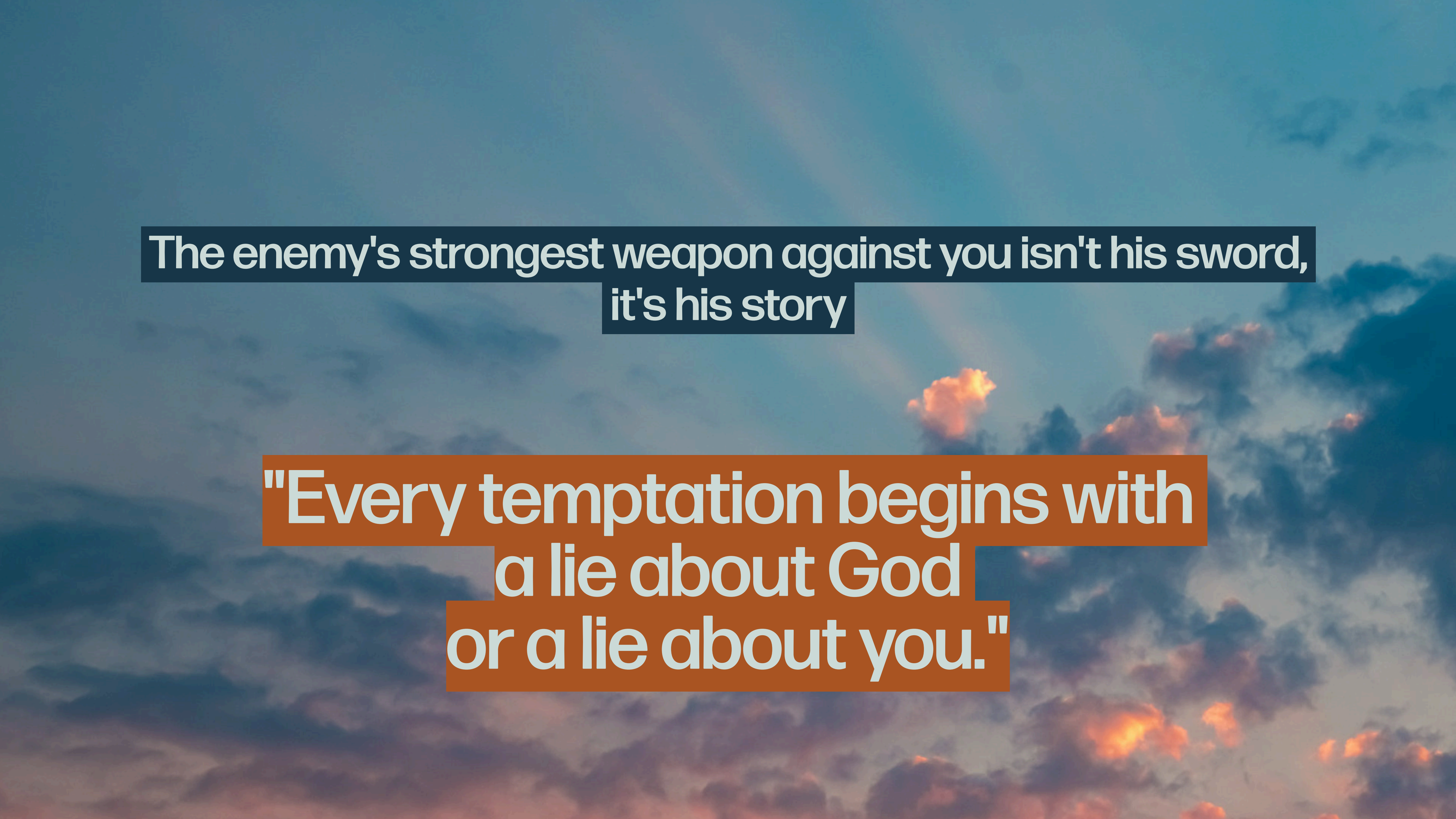
# WHAT IS SELAH?

not just stopping to rest;

stopping long enough to know **whose** voice

you're listening to





The enemy's strongest weapon against you isn't his sword,  
it's his story

"Every temptation begins with  
a lie about God  
or a lie about you."



# ROARING LIONS WICKED SCHEMES

you're stupid *if only you were smarter*

you're expired *if only you weren't used up*

you're a loser *if only you were better*

you're addicted *if only you weren't stuck*

you're hopeless and helpless *if only you weren't alone*



Rescue me, Lord, from evildoers;  
protect me from the violent, who devise evil plans in their  
hearts and stir up war every day.

They make their tongues as sharp as a serpent's;  
the poison of vipers is on their lips.

*Psalm 140:1-7*

**SELAH**



Keep me safe, Lord, from the hands of the wicked;

Protect me from the violent, who devise ways to trip my feet.

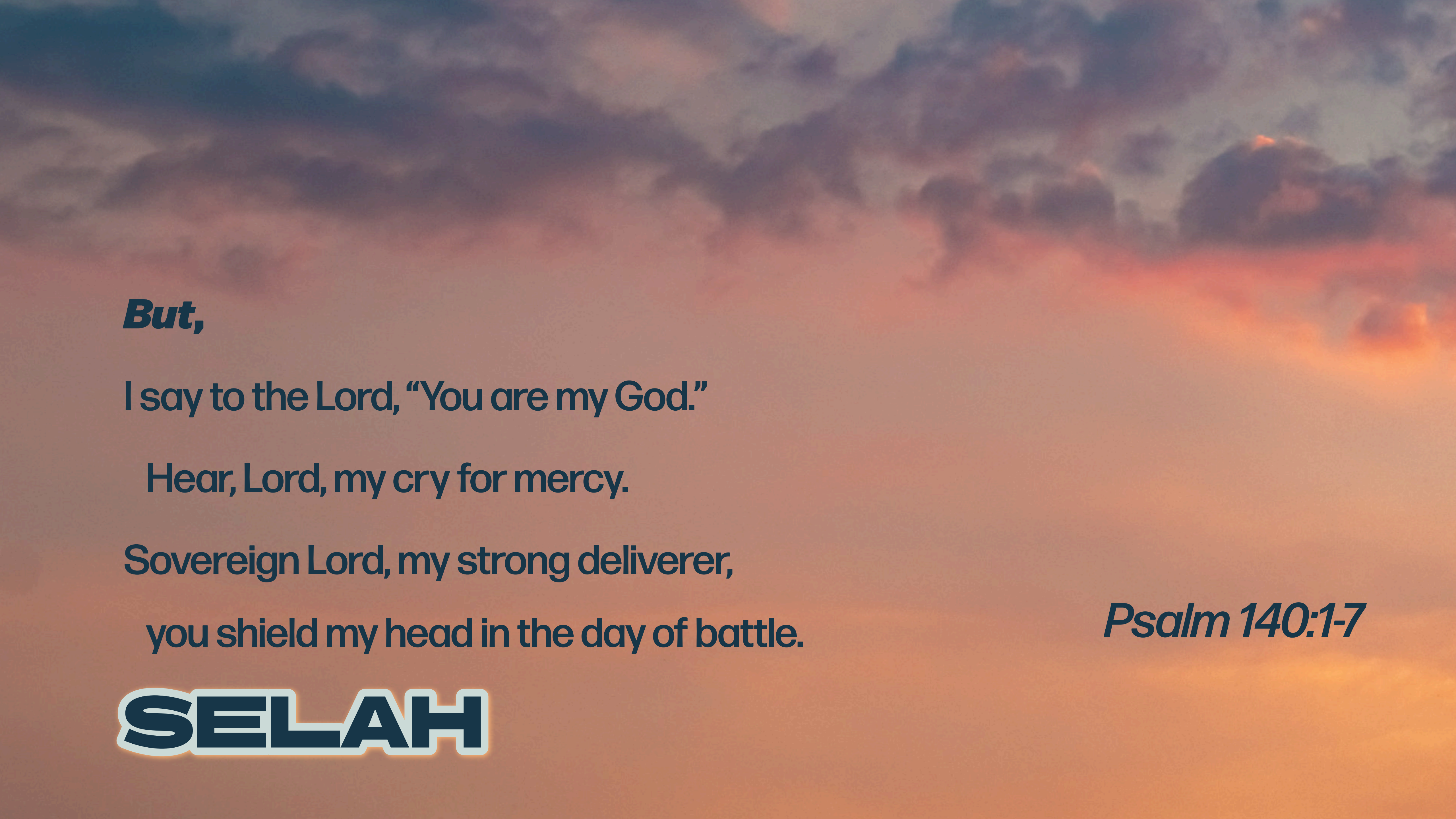
The arrogant have hidden a snare for me;

They have spread out the cords of their net and have set  
traps for me along my path.

*Psalms 140:1-7*

**SELAH**





***But,***

I say to the Lord, “You are my God.”

Hear, Lord, my cry for mercy.

Sovereign Lord, my strong deliverer,  
you shield my head in the day of battle.

***Psalms 140:1-7***

**SELAH**



# LEWIS' SCREWTAPE LETTERS

"Don't try to make them atheists, just make them forgetful."

forget *eternity*

forget *the enemy*

forget *grace*

forget *who they are*



**S**

be **strong**, sober-minded

**E**

be **expectant**, equipped

**L**

keep **looking** and **longing**

**A**

stay **alert & active**, abiding firm

**H**

keep yourself **healthy** and whole

# **SELAH OF VIGILANCE**

1 Peter 5:8-9



I know that the Lord secures justice for the poor  
and upholds the cause of the needy.

Surely the righteous will praise your name,  
and the upright will live in your presence.

*Psalm 140:12-13*

**SELAH**



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