

Selah

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‘selah’ - a technical musical term showing accentuation, pause, interruption (rest); suspension (of music), that is, pause

stop and listen

74 times; 71 times in the book of Psalms

The book of Psalms

The book of Psalms contains hymns and lamentations that touch almost every area of life. They express great faith, praise, and even doubt. Its 150 “songs” cover a tremendous breadth of subject matter, such as jubilation, war, peace, worship, praise, and lament.

Selah

Psalm 3

“Lord, how they have increased...”

They say - “There is not help for him in God.”

Isaiah 12 : 2

“But You, O Lord, are a shield for me...”

“I cried to the Lord...He heard me...”

Isaiah 26 : 4

“Salvation belongs to the Lord...”

Stop and Listen

Selah

Psalm 32

“Blessed is the man to whom, the Lord does not impute iniquity.”

“...whose sin is covered...in whose spirit there is no deceit.”

Romans 8 : 1

“...You forgave the iniquity of my sin.”

“...I will confess my transgression to the Lord...”

Romans 5 : 18 – 19

“You shall surround me with songs of deliverance.”

“...You are my hiding place; You...preserve me...”

Stop and Listen

Selah

Psalm 46

“God is our refuge and strength...we will not fear...”

“Even though the earth be removed...mountains be carried into...the sea; though its waters roar and be troubled, though the mountains shake with its swelling.”

II Peter 3 : 10 – 13

“The Lord of Hosts is with us...”

“The nations raged, the kingdoms were moved...the earth melted...He makes wars cease...He breaks the bow...He burns the chariot...”

Mark 13 : 8; 31

Stop and Listen

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Psalm 49

“This is the way of those who are foolish...”

“Their inner thought is...their houses will last...they call their lands after their own names...”

Titus 3 : 8 – 9

“But God will redeem my soul...For He shall receive me.”

“The upright shall have dominion...their beauty...consumed...”

I Timothy 6 : 17

Hebrews 2 : 11 – 13

Stop and Listen

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Psalm 57

“I will cry out to God Most High...

“He shall send from heaven and save me...”

“They have prepared a net for my steps...they have dug a pit before me.”

“My soul is among lions...whose teeth are spears and arrows...”

II Corinthians 4 : 16 – 18

Stop and Listen

Selah

Psalm 46 : 10

“Be still, and know that I am God;”

“I will be exalted among the nations,

“I will be exalted in the earth!”

Romans 1 : 20

Stop and Listen