

THE SELAH PSALMS

WHAT DOES SELAH MEAN?

The first mention of “Selah” in the Bible is in 2 Kings 14:7 where King Joash conquered the city of Selah which was located in Edom. The other uses of the word “Selah” in the Bible are the ones on which we will focus our studies. Most of its occurrences are in the book of Psalms, with three mentions in the book of Habbakuk.

“Selah,” [*celah*], is from the primary Hebrew root word “*calah*” which means “*to hang*,” and by implication to measure or weigh. In Biblical history, money, food, and other valuables were weighed by hanging or suspending them on a type of balance to determine their value (the equivalent of a modern measuring scale).

There is an example of this word as it is literally translated “valued” in the book of Job, indicating something that is measured:

It (wisdom) cannot be gotten for gold, neither shall silver be weighed for the price thereof. It cannot be valued with the gold of Ophir, with the precious onyx, or the sapphire. (Job 28:15-16)

The word translated “valued” is the same Hebrew word as “Selah” and it obviously means “measured against.” In this context, God is telling us that wisdom cannot be measured against the gold of Ophir, the precious onyx, or the sapphire.

The translation of “valued” here illustrates measuring something for an exchange--i.e. wisdom cannot be measured with the gold of Ophir because it is beyond that value. In verse nineteen we see this same illustration again:

The topaz of Ethiopia shall not equal it (wisdom), neither shall it be valued with pure gold. (Job 28:19)

Again, this word translated “valued” is the Hebrew word meaning “measured.” This passage declares that wisdom cannot be measured against gold.

Through these examples of comparing scripture with scripture and noting a word's context, we can discover the true meaning of words. Since the Hebrew word “*calah*” means to measure, as in weighing something in the balances, we can better understand the meaning of the word “Selah” [*celah*], from which it is derived. We learn that “Selah” means we should pause to carefully examine, measure, and value what has been said.

There is no substantive Biblical evidence that “Selah” is a signal to pause the music while voices continue, nor is there sound evidence that it is for a pause in singing while the music continues—ideas that have been suggested by some expositors.

What we do know is that it means to “lift up, to weigh or measure.” So when we encounter it, we should pause and lift up the truth of the Word that has been given for meditation, reflection, and application.

WHY SHOULD WE STUDY THE SELAH PSALMS?

The Bible states:

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works. (2 Timothy 3:16-17, KJV)

“Selah”—and the chapters and verses in which the word appears—is a part of the Scripture inspired by God and is profitable for us to study.

HOW TO STUDY THE SELAH PSALMS

To study the Selah Psalms in depth:

1. Print out all the information in this “Selah” file and put it in a notebook
2. Use different versions of the Bible to study the “Selah” verses.
3. Read the entire chapter where each “Selah” verse is located.
4. Study the verses in the context of the chapter where they occur. Use the chapter outlines provided in this study on Psalms to assist in your study.
5. Record in the following study guide what you learn about each verse, thoughts the Holy Spirit gives you, and the application of each verse to your spiritual life.
6. Memorize each “Selah” verse as you study it.
7. Most importantly: Be sure to “Selah” on the verses you are studying—pause and lift up the truth of the Word for meditation, reflection, and application.

A YEAR-LONG SCHEDULE

Here is a suggested schedule for a year-long intensive schedule for studying “Selah”:

___ **Week 1:** Study the word “Selah.” What is the meaning of the word? What does it mean to you? How can you institute “Selah” in your devotional life?

___ **Week 2:** Read each verse in the Bible where “Selah” is used for an overview of the passages you will study during this year. Record any initial thoughts you

may have.

- ___ **Week 3:** Psalm chapter 3 verses 2, 4, and 8.
- ___ **Week 4:** Psalm chapter 4 verses 2 and 4.
- ___ **Week 5:** Psalm chapter 7 verse 5
- ___ **Week 6:** Psalm chapter 9 verses 16 and 20.
- ___ **Week 7:** Psalm chapter 20 verse 3.
- ___ **Week 8:** Psalm chapter 21 verse 2.
- ___ **Week 9:** Psalm chapter 24 verses 6 and 10.
- ___ **Week 10:** Psalm chapter 32 verses 4, 5, and 7.
- ___ **Week 11:** Psalm chapter 39 verses 5 and 11.
- ___ **Week 12:** Psalm chapter 44 verse 8.
- ___ **Week 13:** Psalm chapter 46 verses 3, 7, and 11.
- ___ **Week 14:** Psalm chapter 47 verse 4.
- ___ **Week 15:** Psalm chapter 48 verse 8.
- ___ **Week 16:** Psalm chapter 49 verses 13 and 15.
- ___ **Week 17:** Psalm chapter 50 verse 6.
- ___ **Week 18:** Psalm chapter 52, verses 3 and 5.
- ___ **Week 19:** Psalm chapter 54 verse 3.
- ___ **Week 20:** Psalm chapter 55 verses 7 and 19.
- ___ **Week 21:** Psalm chapter 57 verses 3 and 6.
- ___ **Week 22:** Psalm chapter 59 verses 5 and 13.
- ___ **Week 23:** Psalm chapter 60 verse 4.

- ___ **Week 24:** Psalm chapter 61 verse 4.
- ___ **Week 25:** Psalm chapter 62 verses 4 and 8.
- ___ **Week 26:** Psalm chapter 66 verses 4, 7, and 15
- ___ **Week 27:** Psalm chapter 67 verses 1 and 4.
- ___ **Week 28:** Psalm chapter 68 verses 7, 19, and 32.
- ___ **Week 29:** Psalm chapter 75 verse 3.
- ___ **Week 30:** Psalm chapter 77 verses 3 , 9 and 15.
- ___ **Week 31:** Psalm chapter 81 verse 7.
- ___ **Week 32:** Psalm chapter 82 verse 2.
- ___ **Week 33:** Psalm chapter 83 verse 8.
- ___ **Week 34:** Psalm chapter 84 verses 4 and 8.
- ___ **Week 35:** Psalm chapter 85 verse 2.
- ___ **Week 36:** Psalm chapter 87 verses 3 and 6.
- ___ **Week 37:** Psalm chapter 88 verses 7 and 10.
- ___ **Week 38:** Psalm chapter 89 verses 4, 37, 45, and 48.
- ___ **Week 39:** Psalm chapter 140 verses 3, 5, and 8.
- ___ **Week 40:** Psalm chapter 143 verse 6.
- ___ **Week 41:** Read the book of Habbakuk where the remaining “Selah” verses are located. Who was the book written to? What is its theme? What lessons of Habbakuk can you apply in your own life?
- ___ **Week 42:** Outline Habakkuk chapter 3 where the Selah verses are located.
- ___ **Week 43:** Study the “Selah” verses in their context: Verses 3, 9, and 13. Prepare a summary document on the “Selah” verses you have studied.

- ___ **Week 44-48:** Paraphrase each “Selah” verse in your own words.
- ___ **Week 49-51:** Using your journal from your studies this year, review all of the notes you made on each verse during the past year.
- ___ **Week 52:** Pray over each “Selah” verse during this final week of the year. Thank God for what the Holy Spirit has taught you in this study and ask Him to help you apply what you have learned to your life. Continue to “Selah” on these verses in your personal devotions.

SELAH STUDY GUIDE

Study, pause, and reflect on the following verses, to each of which God has put a divine “Selah.”

SELAH IN PSALMS:

Psalm 3:2: Many are they who say of me, "There is no help for him in God." Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 3:4 I cried to the Lord with my voice, and He heard me from His holy hill. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 3:8 Salvation belongs to the Lord. Your blessing is upon Your people. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 4:2 How long, O you sons of men, will you turn my glory to shame? How long will you love worthlessness and seek falsehood? Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 4:4 Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 7:5 Let the enemy pursue me and overtake me; yes, let him trample my life to the earth, and lay my honor in the dust. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 9:16 The Lord is known by the judgment He executes; the wicked is snared in the work of his own hands. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 9:20 Put them in fear, O Lord, that the nations may know themselves to be but men.
Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 20:3 May He remember all your offerings, and accept your burnt sacrifice. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you "Selah" on this scripture.

How could you apply this "Selah" verse to your life?

Psalm 21:2 You have given him his heart's desire, and have not withheld the request of his lips. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you "Selah" on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 24:6 This is Jacob, the generation of those who seek Him, who seek Your face. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 24:10 Who is this King of glory? The Lord of hosts, he is the King of glory. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you "Selah" on this scripture.

How could you apply this "Selah" verse to your life?

Psalm 32:4 For day and night Your hand was heavy upon me; my vitality was turned into the drought of summer. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you "Selah" on this scripture.

How could you apply this "Selah" verse to your life?

Psalm 32:5 I acknowledged my sin to You, and my iniquity I have not hidden. I said, "I will confess my transgressions to the Lord," and You forgave the iniquity of my sin. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 32:7 You are my hiding place; you shall preserve me from trouble; you shall surround me with songs of deliverance. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 39:5 Indeed, You have made my days as handbreadths, and my age is as nothing before You; certainly every man at his best state is but vapor. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 39:11 When with rebukes You correct man for iniquity, you make his beauty melt away like a moth; surely every man is vapor. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 44:8 In God we boast all day long, and praise Your name forever. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 46:3 Though its waters roar and be troubled, though the mountains shake with its swelling. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 46:7 The Lord of hosts is with us; the God of Jacob is our refuge. Selah.

Psalm 46:11 The Lord of hosts is with us; the God of Jacob is our refuge. Selah.

These Selah verses are identical. Why do you think they are repeated in this chapter?

Study the context of each of these identical verses. Is it the same? Different?

According to these verses, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on these scriptures.

How could you apply these “Selah” verses to your life?

Psalm 47:4 He will choose our inheritance for us, the excellence of Jacob whom He loves. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 48:8 As we have heard, so we have seen in the city of the Lord of hosts, in the city of our God: God will establish it forever. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 49:13 This is the way of those who are foolish, and of their posterity who approve their sayings. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 49:15 But God will redeem my soul from the power of the grave, for He shall receive me. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 50:6 Let the heavens declare His righteousness, for God Himself is Judge. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 52:3 You love evil more than good, lying rather than speaking righteousness. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 52:5 God shall likewise destroy you forever; he shall take you away, and pluck you out of your dwelling place, and uproot you from the land of the living. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 54:3 For strangers have risen up against me, and oppressors have sought after my life; they have not set God before them. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 55:7 Indeed, I would wander far off, and remain in the wilderness. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

Psalm 55:19 God will hear, and afflict them, even He who abides from of old. Selah. Because they do not change, therefore they do not fear God.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 57:3 He shall send from heaven and save me; he reproaches the one who would swallow me up. Selah. God shall send forth His mercy and His truth.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 57:6 They have prepared a net for my steps; my soul is bowed down; they have dug a pit before me; into the midst of it they themselves have fallen. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 59:5 You therefore, O Lord God of hosts, the God of Israel, awake to punish all the nations; do not be merciful to any wicked transgressors. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 59:13 Consume them in wrath, consume them, that they may not be; and let them know that God rules in Jacob to the ends of the earth. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 60:4 You have given a banner to those who fear You, that it may be displayed because of the truth. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 61:4 I will abide in Your tabernacle forever; I will trust in the shelter of Your wings. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 62:4 They only consult to cast him down from his high position; they delight in lies; they bless with their mouth, but they curse inwardly. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 62:8 Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 66:4 All the earth shall worship You and sing praises to You; they shall sing praises to Your name. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 66:7 He rules by His power forever; his eyes observe the nations; do not let the rebellious exalt themselves. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 66:15 I will offer You burnt sacrifices of fat animals, with the sweet aroma of rams; I will offer bulls with goats. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 67:1 God be merciful to us and bless us, and cause His face to shine upon us. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 67:4 Oh, let the nations be glad and sing for joy! For You shall judge the people righteously, and govern the nations on earth. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 68:7 O God, when You went out before Your people, when You marched through the wilderness, Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 68:19 Blessed be the Lord, who daily loads us with benefits, the God of our salvation! Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 68:32 Sing to God, you kingdoms of the earth; Oh, sing praises to the Lord, Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 75:3 The earth and all its inhabitants are dissolved; I set up its pillars firmly. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 76:3 There He broke the arrows of the bow, the shield and sword of battle. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 76:9 When God arose to judgment, to deliver all the oppressed of the earth. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 77:3 I remembered God, and was troubled; I complained, and my spirit was overwhelmed. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 77:9 Has God forgotten to be gracious? Has He in anger shut up His tender mercies?
Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 77:15 You have with Your arm redeemed Your people, the sons of Jacob and Joseph.
Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 81:7 You called in trouble, and I delivered you; I answered you in the secret place of thunder; I tested you at the waters of Meribah. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 82:2 How long will you judge unjustly, and show partiality to the wicked? Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 83:8 Assyria also has joined with them; they have helped the children of Lot. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 84:4 Blessed are those who dwell in Your house; they will still be praising You. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 84:8 O Lord God of hosts, hear my prayer; give ear, O God of Jacob! Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 85:2 You have forgiven the iniquity of Your people; you have covered all their sin. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

Psalm 87:3 Glorious things are spoken of you, O city of God! Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this "Selah" verse to your life?

Psalm 87:6 The Lord will record, when He registers the peoples: "This one was born there."
Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you "Selah" on this scripture.

How could you apply this "Selah" verse to your life?

Psalm 88:7 Your wrath lies heavy upon me, and You have afflicted me with all Your waves.
Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 88:10 Will You work wonders for the dead? Shall the dead arise and praise You? Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 89:4 Your seed I will establish forever, and build up your throne to all generations. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 89:37 It shall be established forever like the moon, even like the faithful witness in the sky. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 89:45 The days of his youth You have shortened; you have covered him with shame. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 89:48 What man can live and not see death? Can he deliver his life from the power of the grave? Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 140:3 They sharpen their tongues like a serpent; the poison of asps is under their lips. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 140:5 The proud have hidden a snare for me, and cords; they have spread a net by the wayside; they have set traps for me. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 140:8 Do not grant, O Lord, the desires of the wicked; do not further his wicked scheme, lest they be exalted. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Psalm 143:6 I spread out my hands to You; my soul longs for You like a thirsty land. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

SELAH IN HABBAKUK:

Read Habakkuk chapters 1-3. The subject of this prophecy is the destruction of Judea and Jerusalem for the sins of the people and the consolation of the faithful under national calamities.

Here is an outline of the book of Habakkuk:

- I. The questions of Habakkuk 1:1-2:20
 - A. The first question 1:1-4
 - B. God's first reply 1:5-11
 - C. The second question of Habakkuk 1:12-2:1
 - D. God's second reply 2:2-20
- II. The praise of Habakkuk 3:1-19
 - A. Habakkuk prays for God's mercy 3:1-2
 - B. Habakkuk remembers God's mercy 3:3-15
 - C. Habakkuk trusts in God's salvation 3:16-19

Read the book and summarize the contents of each chapter:

Chapter 1: _____

Chapter 2: _____

Chapter 3: _____

Here are the references to “*Selah*” in Habakkuk. They are all found in chapter 3:

Hab 3:3 God came from Teman, the Holy One from Mount Paran. *Selah*. His glory covered the heavens, and the earth was full of His praise.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

*Record the thoughts God gives you as you “*Selah*” on this scripture.*

*How could you apply this “*Selah*” verse to your life?*

Hab 3:9 Your bow was made quite ready; oaths were sworn over Your arrows. *Selah*. You divided the earth with rivers.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?

Hab 3:13

You went forth for the salvation of Your people, for salvation with Your Anointed. You struck the head from the house of the wicked, by laying bare from foundation to neck. Selah.

According to this verse, what does God want you to pause, think about, and meditate on?

Why do you think God wants you to think on this?

Record the thoughts God gives you as you “Selah” on this scripture.

How could you apply this “Selah” verse to your life?
