



## *Selah Serenity*

I love strolling the beach because the waves beat rhythmically against the shore reminds me of the faithfulness of God. I love pushing pause to think in a deeper, soul-refreshing way about God. The Psalmist calls these valuable moments, *Selah*, a pause to ponder, a rest note in the melody of life.

In today's uncertain days, we need to cultivate these *Selah* moments. Ever feel like you are drowning in bad news? Tough times are coming at you like a torrential down pour?; Negativity making you feel like you are caught in a riptide? That is exactly how the author of Psalms 42 felt. While writing *Discovering Hope in the Psalms: A Creative Bible Study Experience*, I found David's psalm about the beach, waterfalls, and perilous waves, and what I learned from him in Psalm 42:7 - 8 changed my life.

### **Life is Hard**

*Deep calls to deep  
in the roar of your waterfalls;  
all your waves and breakers  
have swept over me.*

"*Deep calls to deep*" is a reference to all the water in all the created world—that God's hand of mercy is HOLDING BACK! In other words, things could be WORSE! Today THANK God for what He is protecting you FROM. "The roar of your waterfalls" references the power of a waterfall to keep you DOWN and UNDER water-- those times you feel like circumstances keep pounding on you threatening to drown you. During a particularly stressful that lasted over a year in our life my prayer was, "Help God! I can't breathe!" Been there too?

"*All your waves and breakers have swept over me*" is a word picture of being caught in the crushing, and crashing waves hitting the rocky shore and "*swept over me*" is both a cry for rescue and the comfort that eventually the waves will sweep PAST us! Verse 8 gives us HOPE!

### **God is Good**

*By day the Lord directs his love,  
at night his song is with me—  
a prayer to the God of my life*



Here is a two-part solution for getting out of the waves and out from under the blows of the downpouring life waterfalls.

**PRAY EXPECTANTLY:** Pray believing that the Lord is directing and dispatching his steadfast love to you. Believing that *even when life is bad, God is good*, brings a more heavenly perspective. If you continue to read Psalm 42 and 43, you will see a repeating statement:

*Why, my soul, are you downcast? Why so disturbed within me?  
Put your hope in God, for I will yet praise him, my Savior and my God*

This repeated statement both reinforces that many times we feel downcast, depressed, discouraged, disturbed and even desperate YET when we put our HOPE in God, and praise Him, things improve—even if it is only in our inner strength and ability to stand firm.

My definition of *Hope* means “**to wait patiently and expectantly for God to show up and show off in your life for your good and God’s glory.**” But how do we hope expectantly?

**PRAISE REPEATEDLY:** In the day, we praise and thank God for His traits and attributes, for being with us. At night, prayer and praise can be a “song with me” So, when times are tough, I also go to sleep with praise songs, hymns, and the audio Bible playing. When I accumulate praises of God during the day (in my *Selah journal*), then add in songs of praise as I fall to sleep, these praises MOVES ME. At first, I might feel like I am drowning under the waterfall of misery, but as I pray and praise, God moves me little by little—so the waterfall feels more like the “Roman waterfalls” one might find at a spa. I gain a paradigm shift and see the difficulties being used by God to better me or my life. If I keep praising, I move even further away from the desperation, so the spray of the waterfall becomes a mist of refreshment, because I am anticipating how he will “work all things together for my good” (Rom. 8:28) Charles Spurgeon captures this sentiment, “I have learned to kiss the wave that slams me into the Rock of Ages.”

Find a quiet place near water: a fountain, a pool, a lake, the ocean, or your own bubble bath— a *Selah* setting to pause, ponder and praise the goodness of God.

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# Selah Sabbath

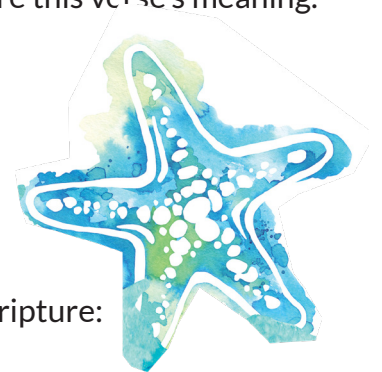
Make your Sundays or Sabbath day off a place of serenity and *selah* rest. Find a comfortable, beautiful, or peaceful setting. Bring your Bible, your phone, colored pencils and pens, journal, and this *Selah* sheet.

*Surrender*- Pray and tell God all that is weighing heavy on your heart. Write out your prayer here:

*Sum It Up*- List a few words that sum up your worry, grief, anxiety, or discouragement:

*Scripture Strength*: What would be the OPPOSITE of your worry? For example: If you are worried about money, the opposite might be words like abundance, provision, or prosperity. If you are depressed, the opposite might be Hope or Joy. Now, use your Bible or a Bible App and search with key words that are the opposite of how you are FEELING. Look up the positive words (like hope, joy, abundance, peace, prosperity, etc.) You can also use a search engine and input: "verses on hope" etc. Look through the list of verses and select a few to write out here, in your journal or on the back of this page:

*Sketch It Out* – Create a doodle, a drawing, or use an app like *WordSwag* to capture this verse's meaning. Make a meme to print and post for you or for you to share on social media



*Say it, Pray it*: Write one favorite verse here and insert YOUR NAME into the scripture:

*Step It*: Use this verse as a prayer prompt and take a prayer walk. Try to memorize the verse as you stroll