

4 Meanings of Selah:

- To Break, take a moment, to Pause
- To think about what was just, to Reflect
- To exhale deeply, or to Breath
- To lift up, exalt, or to Praise

Pausing reminds us of what is important!

Psalm 24 ESV

The earth is the Lord's and the fullness thereof, the world and those who dwell therein, for he has founded it upon the seas and established it upon the rivers. Who shall ascend the hill of the Lord? And who shall stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully. He will receive blessing from the Lord and righteousness from the God of his salvation. Such is the

generation of those who seek him, who seek the face of the God of Jacob. **Selah**

Lift up your heads, O gates! And be lifted up, O ancient doors, that the King of glory may come in.

Who is this King of glory? The Lord, strong and mighty, the Lord, mighty in battle! Lift up your heads, O gates! And lift them up, O ancient doors, that the King of glory may come in. Who is this King of glory?

The Lord of hosts, he is the King of glory! **Selah**

Pausing allows us to remember that...

...we are only guests

...we are not worthy

...He is the King of Glory!

Isaiah 53:5 CEV

He was wounded and crushed because of our sins;
by taking our punishment, he made us completely well.

John 1:11-12 NLT

He came to his own people, and even they rejected him.

But to all who believed him and accepted him, he gave the right to become children of God.

Philippians 2:9-11 NLT

Therefore, God elevated him to the place of highest honor and gave him the name above all other names, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue declare that Jesus Christ is Lord, to the glory of God the Father.