

A “Selah” Moment

Psalms 3-4

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- Psalm 3:3-4, 8 - “But You, O LORD, are a shield for me, My glory and the One who lifts up my head. 4 I cried to the LORD with my voice, And He heard me from His holy hill. Selah 5 I lay down and slept; I awoke, for the LORD sustained me. 8 Salvation belongs to the LORD. Your blessing is upon Your people. Selah”
- Psalm 4:3-4 - “But know that the LORD has set apart for Himself him who is godly; The LORD will hear when I call to Him. 4 Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah”

What Does “Selah” Mean?

- Some believe it refers to an instrumental interlude
- Other possible meanings: “silence, pause, interruption, accentuate, exalt, end.”
- The Septuagint translates it as “diaqalma diapsalma - a pause in the Psalm.”
- The Aramaic translates it as “nymlel lealmin - forever.”
- The rest of the versions leave it un-translated or leave it out.

What Does “Selah” Mean?

- It comes from “hlo salah - to strew or spread out,” implying that the object should be spread out, meditated on, and attentively considered by the reader or hearer
- This meaning seems confirmed by Psalm 9:16
 - “The LORD is known by the judgment He executes; The wicked is snared in the work of his own hands. Meditation. Selah”
 - The word higgsaion is put before selah at the end of the verse. Higgsaion signifies meditation, or a fit subject for meditation, and shows selah to be a nota bene, attend to or mind this.
 - It is a note commanding a solemn pause. “Mark that,” or, “Stop there, and consider a little while.”

What Does “Selah” Mean?

- Recent Bible scholars have concluded that selah is a notation indicating that the reading of the Psalm is to be paused to allow the audience to respond or repeat the previous statement for purposes of emphasis and meditation. This is most likely the correct meaning.
- Selah - “This matter is important. Take a moment to think about it.”

What Happened To Biblical Meditation?

- We talk of it in Bible class; we sing of it in worship, but do we set aside a quiet time to be with God?
- “My God and I go in the fields together; we walk and talk as good friends should and do. We clasp our hands, our voices ring with laughter. My God and I walk through the meadow’s hue.”

Quiet Time with God

- Gen. 5:24 - “And Enoch walked with God; and he was not, for God took him.”
- Gen. 6:9 - “This is the genealogy of Noah. Noah was a just man, perfect in his generations. Noah walked with God.”
- Gen. 24:63 - “And Isaac went out to meditate in the field in the evening”

Quiet Time with God

- Psalm 55:17 - “Evening and morning and at noon I will pray, and cry aloud, And He shall hear my voice.”
- Psalm 63:6 - “When I remember You on my bed, I meditate on You in the night watches.”
- Dan. 6:10 - “And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.”

Quiet Time with God

- Mark 1:35 - “Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.”
- Luke 6:12 - “Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God.”
- Matt. 6:6 - “But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”

Why Is It Important To Spend Time Alone With God?

- To be closer to God
 - 1Chron. 28:9 - “As for you, my son Solomon, know the God of your father, and serve Him with a loyal heart and with a willing mind; for the LORD searches all hearts and understands all the intent of the thoughts. If you seek Him, He will be found by you; but if you forsake Him, He will cast you off forever.”
 - 2Chron. 15:2 - “And he went out to meet Asa, and said to him: Hear me, Asa, and all Judah and Benjamin. The LORD is with you while you are with Him. If you seek Him, He will be found by you; but if you forsake Him, He will forsake you.”
 - James 4:8 - “Draw near to God and He will draw near to you.”

Why Is It Important To Spend Time Alone With God?

- To be spiritually nourished
 - Matt. 4:4 - “But He answered and said, It is written, Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”
 - 1Peter 1:23 - “Having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever”
 - 1Peter 2:2 - “As newborn babes, desire the pure milk of the word, that you may grow thereby”

Why Is It Important To Spend Time Alone With God?

- To be spiritually nourished
 - Psalm 119:7-11 - “I will praise You with uprightness of heart, When I learn Your righteous judgments. 8 I will keep Your statutes; Oh, do not forsake me utterly! 9 How can a young man cleanse his way? By taking heed according to Your word. 10 With my whole heart I have sought You; Oh, let me not wander from Your commandments! 11 Your word I have hidden in my heart, That I might not sin against You!”

Why Is It Important To Spend Time Alone With God?

- To find peace and security
 - Phil. 4:6-7 - “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”
 - Psalm 119:105, 165 - “Your word is a lamp to my feet And a light to my path... 165 Great peace have those who love Your law, And nothing causes them to stumble.”

How Do I Begin Spending Time Alone With God?

- Set aside the time and set up a place
 - Early morning or late at night
 - Outside or indoors
- Jesus taught and practiced both
 - Mark 1:35; Luke 6:12; Matt. 6:6

What Do I Do With My Time Alone With God?



Pray



Read



Mediate



Praise

What Do I Do With My Time Alone With God?

- Pray
 - Col. 4:2 - “Continue earnestly in prayer, being vigilant in it with thanksgiving”
 - 1John 1:9 - “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

What Do I Do With My Time Alone With God?

- Pray

- Phil. 4:6 - “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God”
- 1Tim. 2:1-2 - “Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, 2 for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.”

What Do I Do With My Time Alone With God?

- Read and Meditate

- Psalm 119:15, 23, 48, 97-99, 148 - “I will meditate on Your precepts, And contemplate Your ways... 23 Princes also sit and speak against me, But Your servant meditates on Your statutes... 48 My hands also I will lift up to Your commandments, Which I love, And I will meditate on Your statutes... 97 Oh, how I love Your law! It is my meditation all the day. 98 You, through Your commandments, make me wiser than my enemies; For they are ever with me. 99 I have more understanding than all my teachers, For Your testimonies are my meditation... 148 My eyes are awake through the night watches, That I may meditate on Your word.”

What Do I Do With My Time Alone With God?

- Read and Meditate
 - Psalm 77:12 - “I will also meditate on all Your work, And talk of Your deeds.”
 - Phil. 4:8 - “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things.”

What Do I Do With My Time Alone With God?

- Praise

- James 5:13 - “Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.”
- Eph. 5:19 - “Speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord”

Spend Time Alone With God!

- If David, a man after God's own heart, and Jesus Christ, the Son of God, found it important to spend time alone with God, how much more should we?!
 - Psalm 119:143-148 - “Trouble and anguish have overtaken me, Yet Your commandments are my delights. 144 The righteousness of Your testimonies is everlasting; Give me understanding, and I shall live. 145 I cry out with my whole heart; Hear me, O LORD! I will keep Your statutes. 146 I cry out to You; Save me, and I will keep Your testimonies. 147 I rise before the dawning of the morning, And cry for help; I hope in Your word. 148 My eyes are awake through the night watches, That I may meditate on Your word.”