

A top-down view of a wooden table with a white plate in the center. On the plate is a single donut with pink frosting. To the left of the plate is a glass of water on a wooden coaster. To the right is a wooden cutting board. In the background, there are people's hands and a white furry object.

# THE *Selah Moment* BIBLE STUDY

"for the busy  
woman, who desires  
PEACE and more of  
God."

Morgan Tracy J.



It's Officially Time for Your

# Selah Moment



The word “Selah” means to pause or break. This is a powerful word, one which most don’t grasp the full meaning of. Selah only shows up in the middle or end of a verse. As I reflected on this, it reminded me of my life, and I am sure it is the same for many women. We all have our breaking points. We all have those moments when we burn out and are frankly on empty in all areas of our lives.

We don’t need a break or pause when we first get saved because we are hungry and eager. We don’t need a break or a pause when God first reveals our purpose. We don’t need a break or pause when the marriage just got started, or we just got the job. We need the pause and break in the middle and at the end. When we are in the middle of our breakthrough, when we are in the hallway of our destiny, in the middle of our marriage struggles, or when we are at the end of our rope in our college classes, we all need a Selah Moment.

Selah is a time to pause, rest, reflect and reset. When we do not allow this cycle to happen we stunt our growth and never get to our full potential. How can we produce good fruit if we never take the time to clear up some of the weeds in our gardens?

We must realize that the Selah Moment is you positioning yourself for breakthrough and God positioning you for your ultimate comeback.

Now, it’s time for you to embrace your Selah Moment.





*The*  
**POWER**  
*of*  
**PAUSE**

Week 1



# PAUSE

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A meaning for selah can be to pause. This is the first and most aware sign of selah. Selah never starts at the beginning of a verse, only in the middle or end. Today we will learn about the power of pause and how it can transform your life.

Each day, no matter how busy or unbusy, find moments to pause whatever you're doing and take a breath while centering your mind and focus back to God. When things begin to get hectic, pause for a second in your car, in your bedroom, in between classes, or in the restroom. Decide to take a moment to just breathe and recenter yourself.

When you notice your patience becoming extremely thin, or you're having more headaches and frustration than usual, it is time for you to have a selah moment. This is a chance to pause, to stop thinking, to stop doing, to stop worrying, to stop fearing, to stop hating, and to just love. In that little moment, choose to love.

Choose to love Christ, your co-worker, boss, toddler running around, spouse or professor. Choose to love at that moment and get back to being Christ-focused for the remainder of your day.

Each moment you refocus on Christ, the more you will see. You will no longer have to succumb to depression or hurt, but to open yourself up to love and light.

Selah. Just pause for one moment and see the world of difference in yourself.



# Scripture

“But you, O LORD, are a shield about me, my glory, and the lifter of my head. I cried aloud to the LORD, and he answered me from his holy hill. Selah”  
Psalms 3:3-4

# Prayer

Abba (Father), thank you for this new day and a new opportunity to love, live, and try again. Lord, prepare my heart and my day to be Christ-centered, and give me the awareness to embrace the selah moments. The moments you are calling to me to come back to you in my mind and heart. The moments you are calling me to let go of all the burdens and pause and let you hold them. Lord, help me see today the way you see it, and help me embrace each moment with love and patience. May Today I Pause and Find You.  
Selah.

# Questions

**Day 1** What about this lesson has helped you the most?

**Day 2** What does the Scripture mean to you?

**Day 3** How Can You use the Pause moment Today?



# PAUSE

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When Jesus was in the Garden of Gethsemane, He became overwhelmed and sweated great drops of blood and couldn't take the weight of all of our sins. But quickly he refocused Himself back to His Father and stated: "Father take this cup from me, nevertheless, not as I will, but your will." (Matt. 26:39).

Each time we refocus, we get a divine strength and courage to love bolder, dream bigger, and to keep going towards the higher calling of Christ Jesus.

No matter how alone or stressed we feel, we are not. We have a God that listens, guides, protects, equips, and loves us. We just have to Pause!

## Scripture

"And he went a little farther, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou will" Matt. 26:39

## Prayer Journaling

**Day 4** When was the last time you broke before God and Why did you?

**Day 5** How do you feel after breaking before God? Strong, weak, refocused, or lost. Explain.

**Day 6** What is pressing on your heart? Journal about whatever comes to mind!

**Day 7** What ministered to your heart the most this week?