



Bible study for the week starting July 5, 2026

SHARE

This week's message contained some discussion on the Hebrew word "Selah", a word that invites the reader to pause and reflect. Share, if you have found one, a way to incorporate pausing and reflecting time in your life. What benefits have you received from these times?

Summer in the Psalms: Be sure to be reading through the Psalms this summer. This week is **Psalm 76-90**.

READ/STUDY/DISCUSS

1. Have someone read aloud **Psalm 84:1-4** for the group, ending at the first Selah. Without saying anything, pause for 15 seconds, thinking about or re-reading silently what was just read. What words from the psalm, or message from the psalm jump out at you today? Share what caught your attention, and if possible, how it applies to your life.
2. The next section of the psalm contains the phrases "in whose hearts are the highways to Zion" and "Valley of Baca". Consider for a moment their meanings. Highways to Zion might be better rendered "in whose hearts are Your ways". Baca may mean "dryness" or "weeping". Now read the next portion of the psalm, ending with the second Selah (**Psalm 84:5-8**). Again, stop for a few seconds and reflect on how this might portray the life of a Christian in this world. Share your insights. Now share what you think about the "solution" given in verse 8.
3. Read the rest of the Psalm. (**vv. 9-12**). Note that this section does not end with a selah. Consider for a moment that this is not part of the meditation of the psalm, but rather the reflections of the writer having gone through the meditative portions of the first two sections. What does this tell us about how he views his life? What feelings come through the writer's descriptions? How are the writer's reflections consistent or inconsistent with yours?

*For a deep dive into Scripture-based meditation the link below contains an exercise read by Dr. Rick Marrs, one of the professors at LCMS's Concordia Seminary in St. Louis. He modified it from William Hulme's book, *Let the Spirit In: Practicing Christian Devotional Meditation*, published by Abingdon, 1979. If you are game, it takes about 20 minutes. It includes a closing prayer.*

<https://sites.libsyn.com/486336/special-feature-meditation-exercise-read-by-dr-rick-marrs>



SELAH: AN INVITATION

Psalm 84

July 5, 2026 – Pastor Marvin St. Pierre

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“He restores my **SOUL**.”

Psalm 23:3

Selah gently tells us to “Slow down. This isn’t about **PERFORMANCE**. This is about **PRESENCE**.” *(from Voice of Judah Israel website)*

Pausing in the place of worship **FUELS** the flame.

“Blessed are those who dwell in the Lord’s house, ever **SINGING** His praise!” *(Psalm 84:4)*

Sit still, confident that He – the Lord God of Hosts – is able to do **EXCEEDINGLY, ABUNDANTLY** above all you think or ask. *(Ephesians 3:20)*

“O Lord of Hosts, Blessed is the one who **TRUSTS** in you!” *(Psalm 84:12)*

“Come to me all who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find **REST** for your **SOULS**. For my yoke is easy, and my burden is light.” *(Matt. 11:28-30)*

For next Sunday, read Psalm 19