

SELAH

THE MOMENTS IN BETWEEN



The graphic is displayed on a computer monitor. The screen has a white background. In the center, the word "STRESS" is written in a large, bold, red, slightly irregular font. Below it, the word "TEST" is written in a smaller, black, sans-serif font. To the left and right of the text are two large, black, scribbled lines that resemble tangled hair or chaotic scribbles. At the bottom of the screen, there is a light blue rounded rectangle containing the text "How stressed are you?" in a teal, sans-serif font.

STRESS TEST

How stressed are you?

Your morning routine feels like...



STRESS
TEST

Your morning routine feels like...

A. A peaceful and intentional retreat.



STRESS
TEST

Your morning routine feels like...

- A. A peaceful and intentional retreat.**
- B. Controlled chaos.**



STRESS
TEST

Your morning routine feels like...

- A. A peaceful and intentional retreat.**
- B. Controlled chaos.**
- C. A fever dream of coffee, kids, and car keys.**



STRESS
TEST

**How do you feel when someone
says, "Hey, quick question..."**



STRESS
TEST

How do you feel when someone says, "Hey, quick question..."

A. Totally fine. I enjoy human interaction.



STRESS
TEST

How do you feel when someone says, "Hey, quick question..."

- A. Totally fine. I enjoy human interaction.**
- B. Slightly tense, but I can handle it.**



STRESS
TEST

How do you feel when someone says, "Hey, quick question..."

- A. Totally fine. I enjoy human interaction.**
- B. Slightly tense, but I can handle it.**
- C. Like my soul left my body.**



STRESS
TEST

**You finally sit down after a long day.
What's your next move?**



STRESS
TEST

**You finally sit down after a long day.
What's your next move?**

A. Deep breath and gratitude.



STRESS
TEST

**You finally sit down after a long day.
What's your next move?**

- A. Deep breath and gratitude.**
- B. Scroll until my brain melts.**



STRESS
TEST

**You finally sit down after a long day.
What's your next move?**

- A. Deep breath and gratitude.**
- B. Scroll until my brain melts.**
- C. Fall asleep during Netflix's "Skip Intro."**



STRESS
TEST

**When was the last time you did
absolutely nothing?**



STRESS
TEST

**When was the last time you did
absolutely nothing?**

A. Yesterday.



STRESS
TEST

**When was the last time you did
absolutely nothing?**

- A. Yesterday.**
- B. Last month.**



STRESS
TEST

**When was the last time you did
absolutely nothing?**

- A. Yesterday.**
- B. Last month.**
- C. 2009.**



STRESS
TEST

**Someone cancels a meeting.
You feel...**



STRESS
TEST

**Someone cancels a meeting.
You feel...**

A. Disappointed.



STRESS
TEST

**Someone cancels a meeting.
You feel...**

A. Disappointed.

B. Relieved.



STRESS
TEST

**Someone cancels a meeting.
You feel...**

- A. Disappointed.**
- B. Relieved.**
- C. God has blessed me exceedingly, abundantly.**



STRESS
TEST

A computer monitor with a grey bezel and stand. The screen shows a white background with the text 'STRESS TEST' in red and black, and 'How'd you do?' in blue on a light blue rounded rectangle. There are black scribbles on the left and right sides of the screen.

STRESS TEST

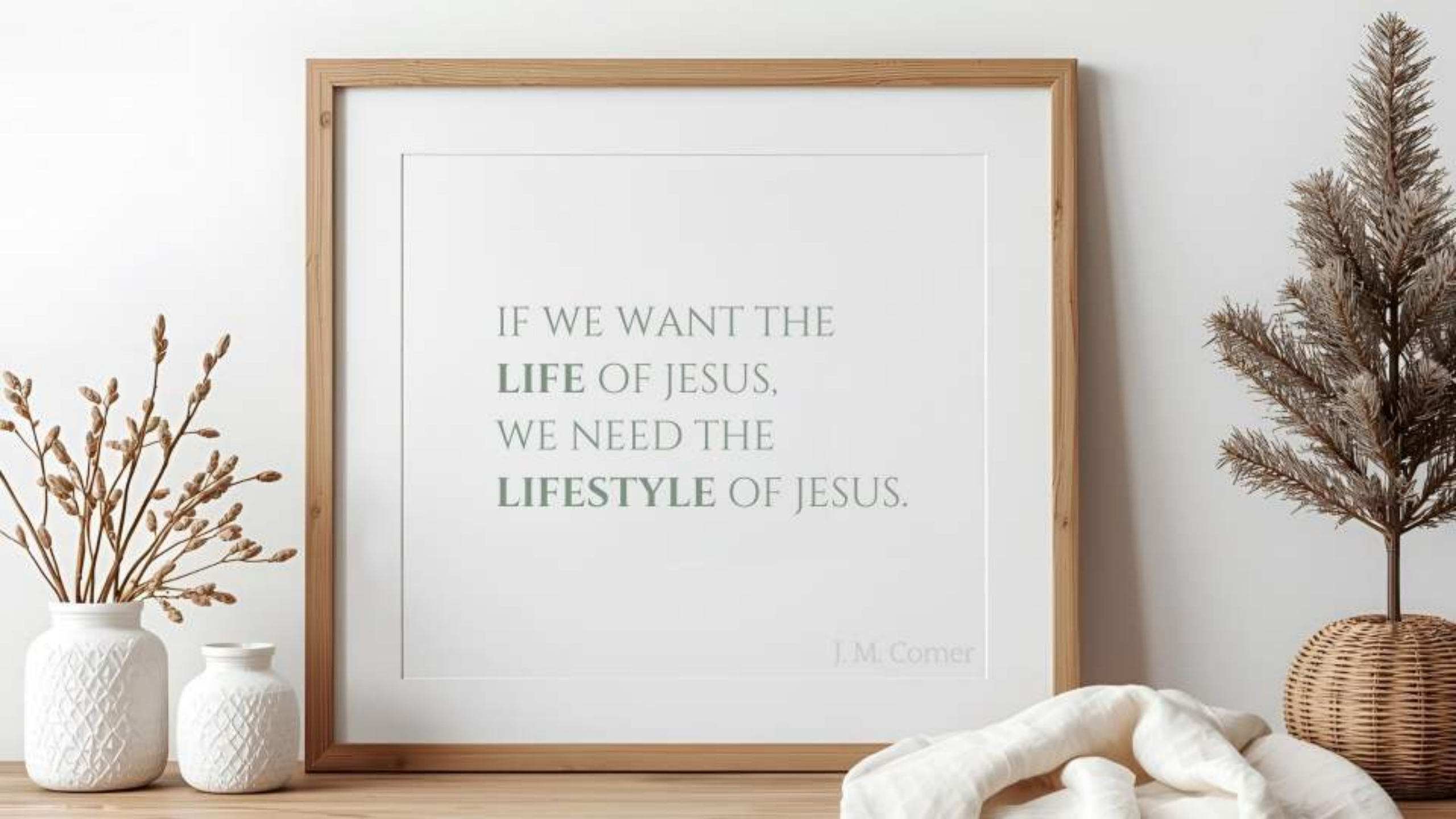
How'd you do?





- ✗ Discouraged with relationships
- ✗ Pressured at school or work
- ✗ Frustrated with life's direction
- ✗ Pessimistic things will change

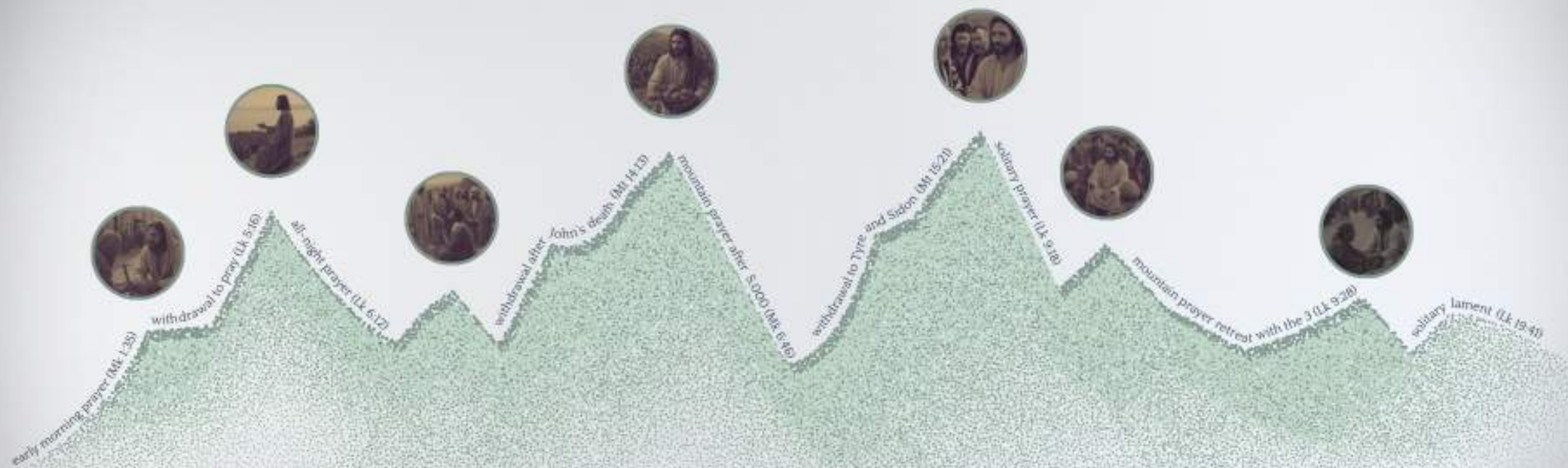




IF WE WANT THE
LIFE OF JESUS,
WE NEED THE
LIFESTYLE OF JESUS.

J. M. Comer





THE MOMENTS IN BETWEEN



early morning prayer (Mk 1:35)

withdrawal to pray (Lk 5:16)

all-night prayer (Lk 6:12)

withdrawal after John's death (Mt 14:13)

mountain prayer after 5,000 (Mk 6:46)



withdrawal to Tyre and Sidon (Mt 15:21)

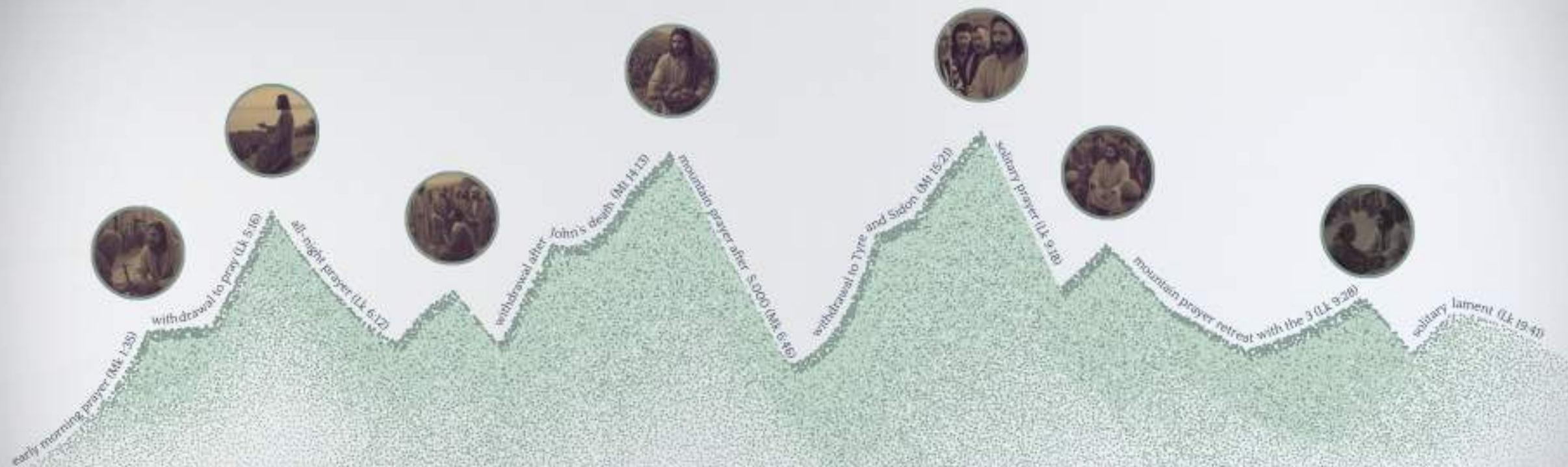
solitary prayer (Lk 9:18)



mountain prayer retreat with the 3 (Lk 9:28)



solitary lament (Lk 19:41)



THE MOMENTS IN BETWEEN

SELAH



SELAH

PAUSE • INTERLUDE



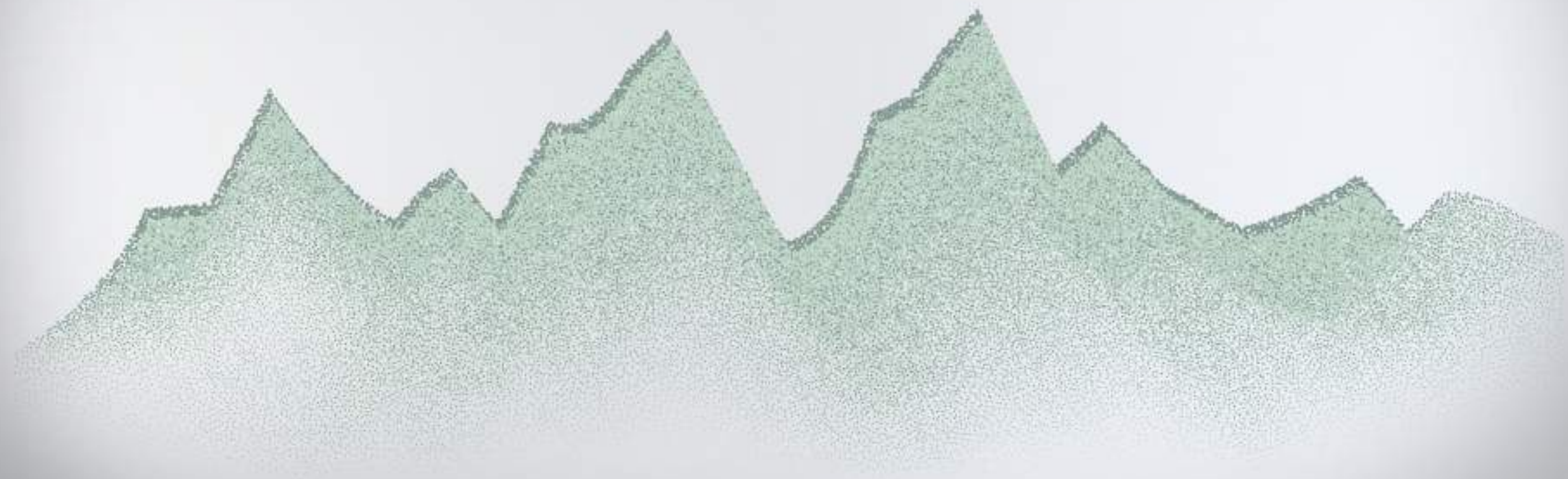
A misty, foggy forest scene with tall evergreen trees. The trees are dark green and heavily laden with snow or frost, creating a serene and quiet atmosphere. The fog is thick, obscuring the background and creating a sense of depth and mystery. The overall color palette is muted, with soft greys and whites dominating the scene.

THE BOOK OF
PSALMS

SELAH



1. DROP INTO A MOMENT IN JESUS' LIFE
2. NOTICE THE MOMENTS IN BETWEEN
3. LEARN TO SELAH IN A PSALM





SELAH





LUKE 4 - 6

A day in the life...



LUKE 4 - 6

4:31-37 - Jesus heals a man with a demon

4:38-41 - Jesus heals many

4:42-44 - Jesus preaches in synagogues

5:1-11 - Jesus calls the first disciples

5:12-15 - Jesus cleanses a leper

5:17-26 - Jesus heals a paralytic

5:27-32 - Jesus calls Levi

5:33-39 - A question about fasting

6:1-5 - Jesus is Lord of the sabbath

6:6-11 - A man with a withered hand



LUKE 4 - 6

4:31-37 - Jesus heals a man with a demon

4:38-41 - Jesus heals many

4:42-44 - Jesus preaches in synagogues

5:1-11 - Jesus calls the first disciples

5:12-15 - Jesus cleanses a leper

5:16 - "But he would withdraw to desolate places and pray."

5:17-26 - Jesus heals a paralytic

5:27-32 - Jesus calls Levi

5:33-39 - A question about fasting

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PSALM 62



PSALM 62:1-4

For God alone my soul waits in silence;
from him comes my salvation.

He alone is my rock and my salvation,
my fortress; I shall not be greatly shaken.

How long will all of you attack a man to overthrow him,
like a leaning wall, a tottering fence?

They only plan to thrust him down from his high position;
They take pleasure in falsehood.

They bless with their mouths,
but inwardly they curse.



PSALM 62:1-4

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Selah.



P S A L M 62:1-4

SELAH



PSALM 62:5-8

For God alone, O my soul, wait in silence,
for my hope is from him.

He only is my rock and my salvation,
my fortress; I shall not be shaken.
On God rests my salvation and my glory,
my mighty rock, my refuge is God.

Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us.



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Rise during the night and cry out.
Pour out your hearts like water to the Lord.
Lift up your hands to him in prayer.

LAMENTATIONS 2:19



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Sefah.



P S A L M 62:5-8

SELAH



PSALM 62:9-12

Those of low estate are but a breath;
those of high estate are a delusion;
in the balances they go up;
they are together lighter than a breath.

Put no trust in extortion;
set no vain hopes on robbery;
if riches increase, set not your heart on them.



PSALM 62:9-12

Once God has spoken; twice have I heard this:
that power belongs to God,
and that to you, O Lord, belongs steadfast love.
For you will render to a man
according to his work.

Sefar.



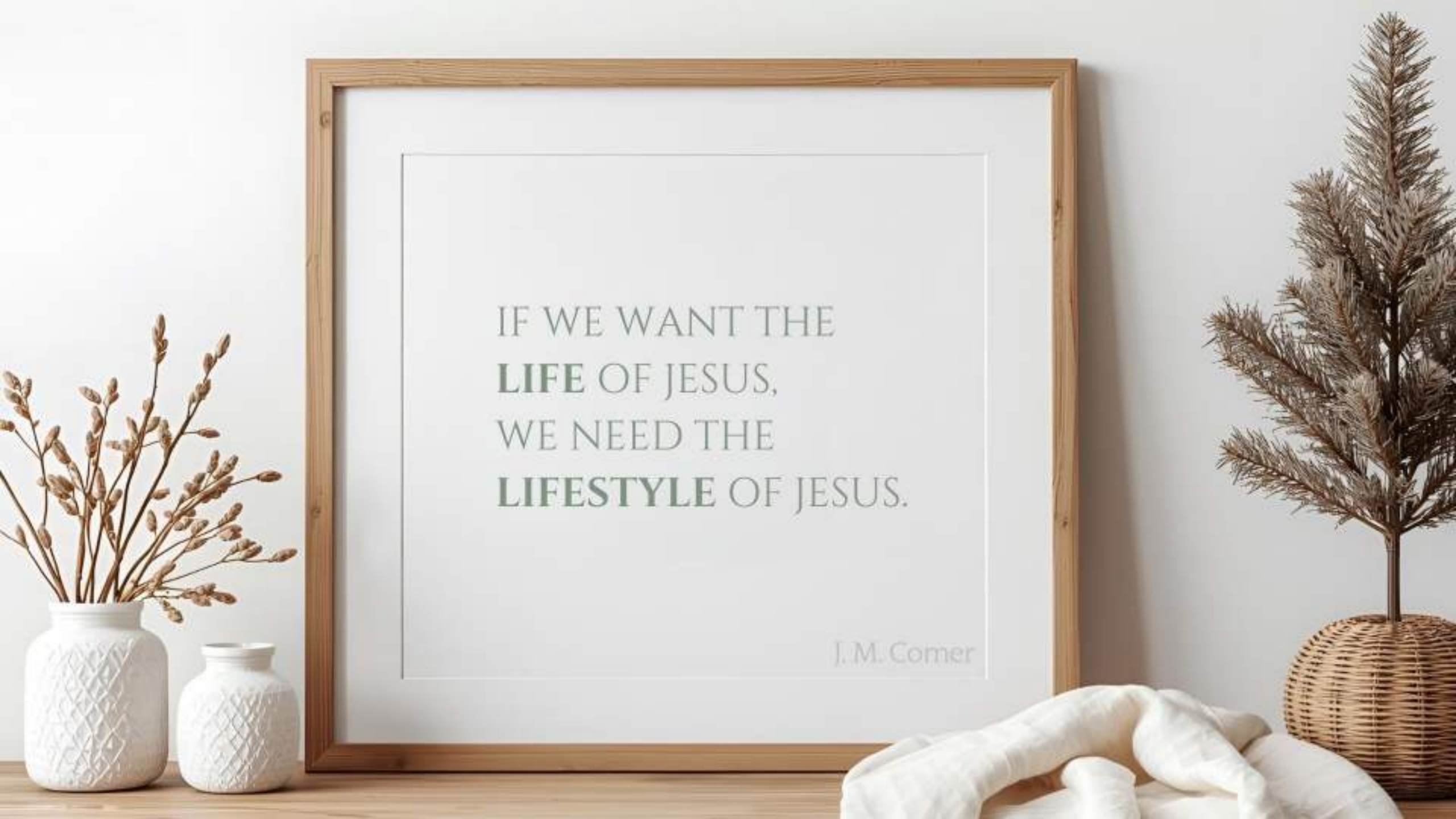
A soft, misty winter landscape. In the foreground, a small wooden boat is pulled up onto a snowy bank next to a simple wooden dock. The background is filled with tall, snow-laden evergreen trees. The overall atmosphere is quiet and peaceful, with a light, hazy sky.

SELAH

P S A L M 62

WAIT IN SILENCE • TRUST HIS CARE • POUR OUT HEART





IF WE WANT THE
LIFE OF JESUS,
WE NEED THE
LIFESTYLE OF JESUS.

J. M. Comer







SELAH STRATEGY

QUIET TIME

SELAH STRATEGY

QUIET TIME

Quiet time is an old way of talking about a few minutes, each day, when you spend time being refreshed in the presence of God. To make the most of the time, include these **3 elements**:

Have a short time of silence and stillness before God.

Most of us don't do this, ever. It can be weird at first, but the point is to gain more and more awareness that God is with you and enjoy his presence!

Meditate on truth from God's word.

It will be new to this, so it will often more. Pick a short psalm or a paragraph from the Gospels (Matthew, Mark, Luke, or John). Read it slowly, and think about what you're reading.

Talk to God about your life.

Don't overthink it. Talk to God like a close friend or wise Father. Let him know what you're thinking, how you're feeling, and what you need help with.

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SELAH STRATEGY

QUIET TIME

Why is this missing in our lives?

- Feels like one more thing to do
- Not a priority
- Hard to find the time

SELAH STRATEGY

QUIET TIME

Why is this missing in our lives?

- ✗ Feels like one more thing to do
- ✗ Not a priority
- ✗ Hard to find the time

A close-up, low-key photograph of a man with a beard and intense expression, looking down at a smartphone he is holding. The lighting is dramatic, with strong highlights on his face and the phone, while the background is dark. The man is wearing a dark blue t-shirt.

A DAY IN THE LIFE...

A DAY IN THE LIFE...



TRY THIS:

TIME BLOCKING

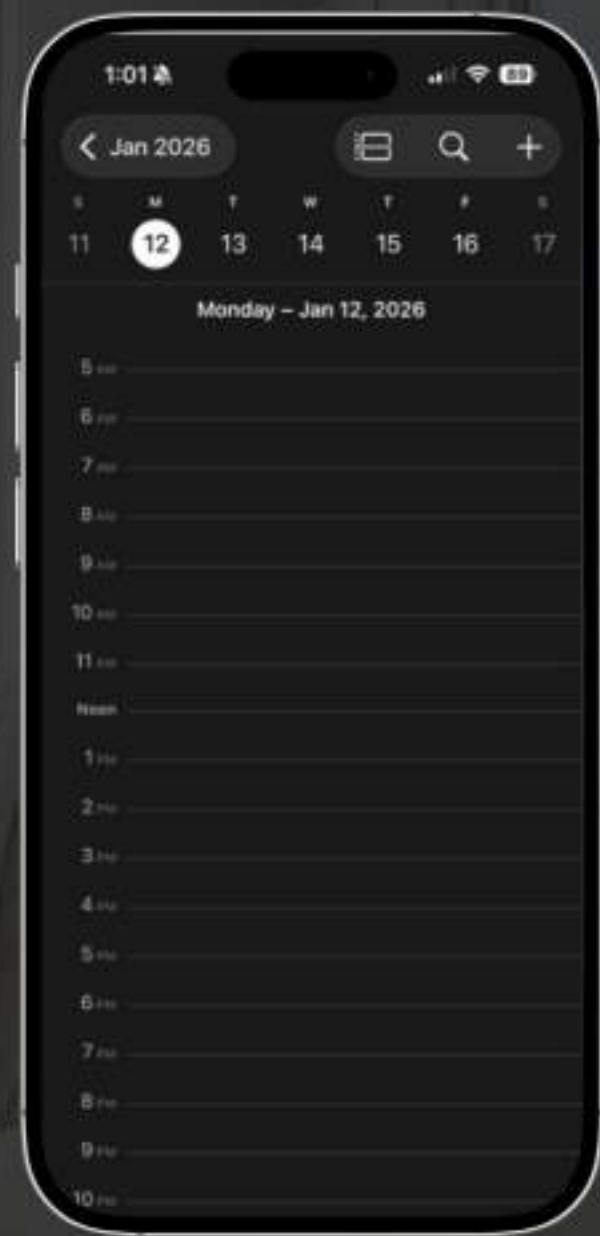
Time blocking is just **deciding ahead of time what your time is for**. Instead of letting your day just happen, you tell your day where it's going.

It's like **giving every hour a name tag**:

- "These hours are for work."
- "This one is for family."
- "These are for sleep."

The goal isn't to pack more in. It's to **make space for what actually matters**.

TIME BLOCKING



TIME BLOCKING



TIME BLOCKING



TIME BLOCKING



TIME BLOCKING



TIME BLOCKING





SELAH STRATEGY

Where do I start?



SELAH

THE MOMENTS IN BETWEEN



SELAH

THE MOMENTS IN BETWEEN

