

# SELAH

THE MOMENTS IN BETWEEN





# 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



# STRESS TEST

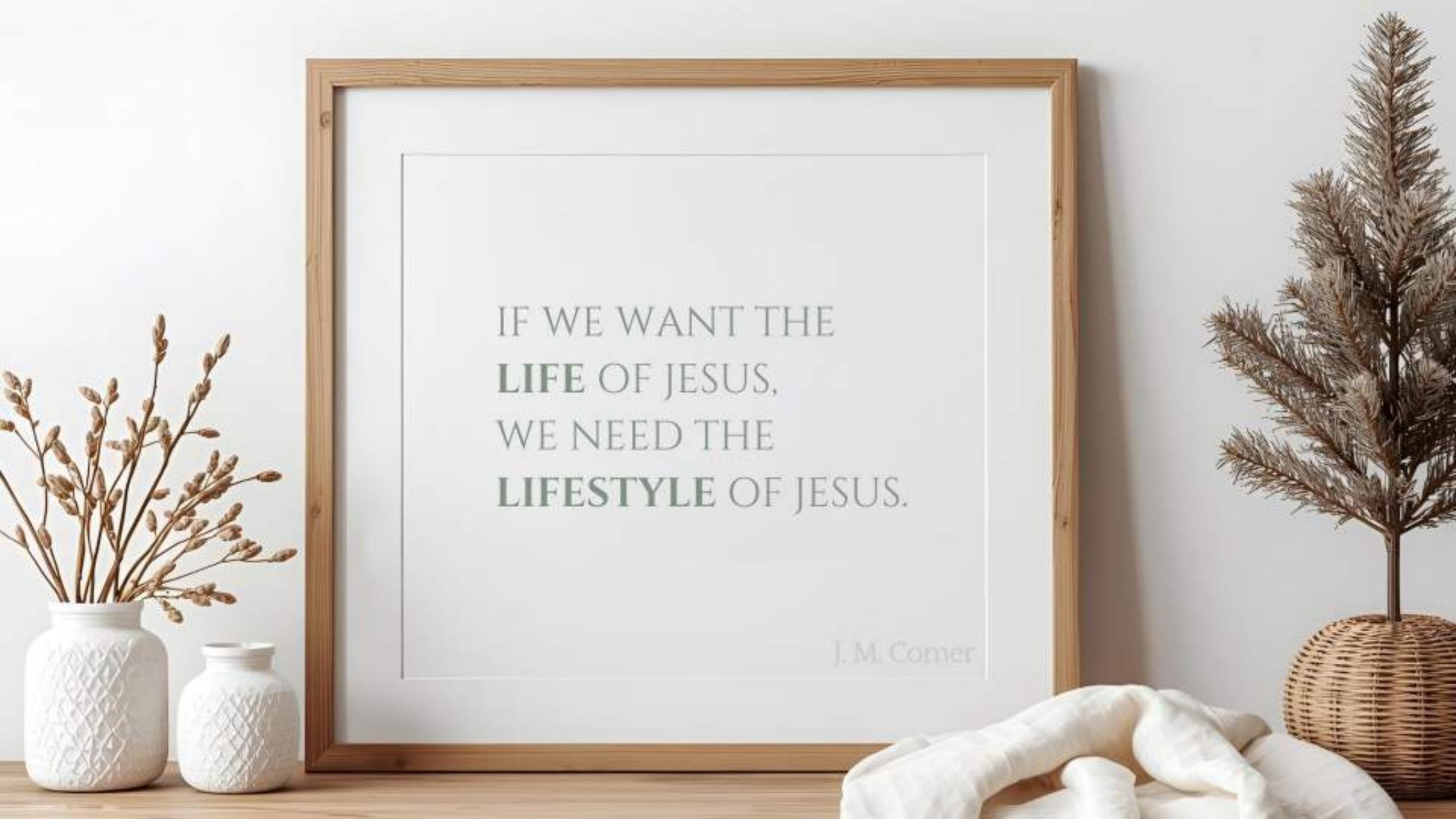
How'd you do?





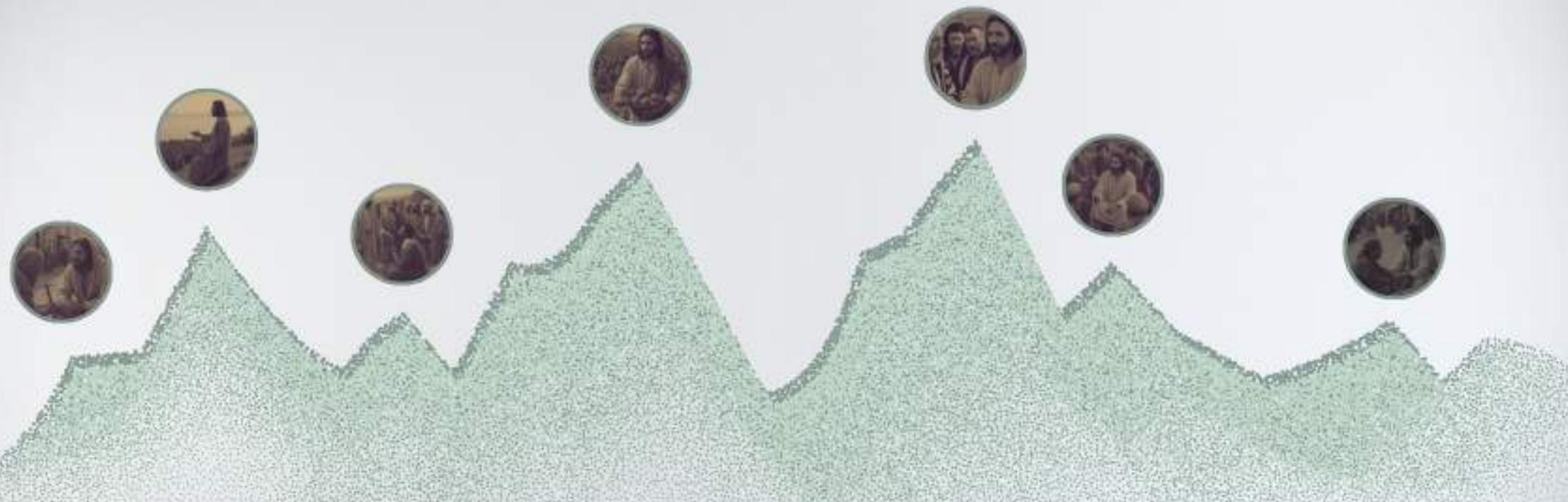
- ✗ Discouraged with relationships
- ✗ Pressured at school or work
- ✗ Frustrated with life's direction
- ✗ Pessimistic things will change

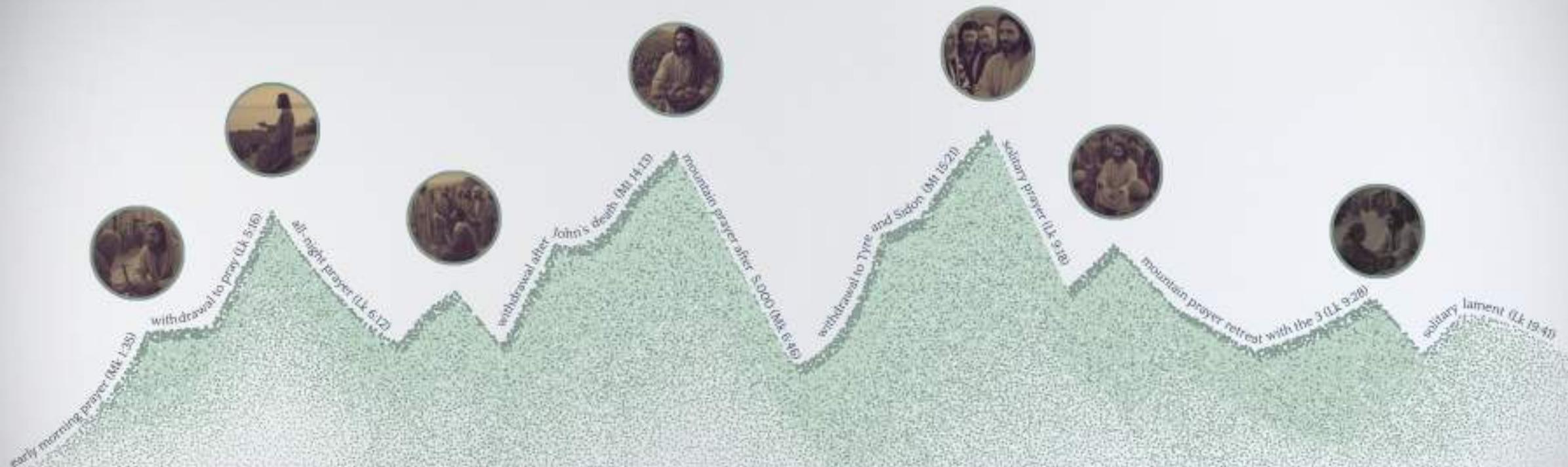




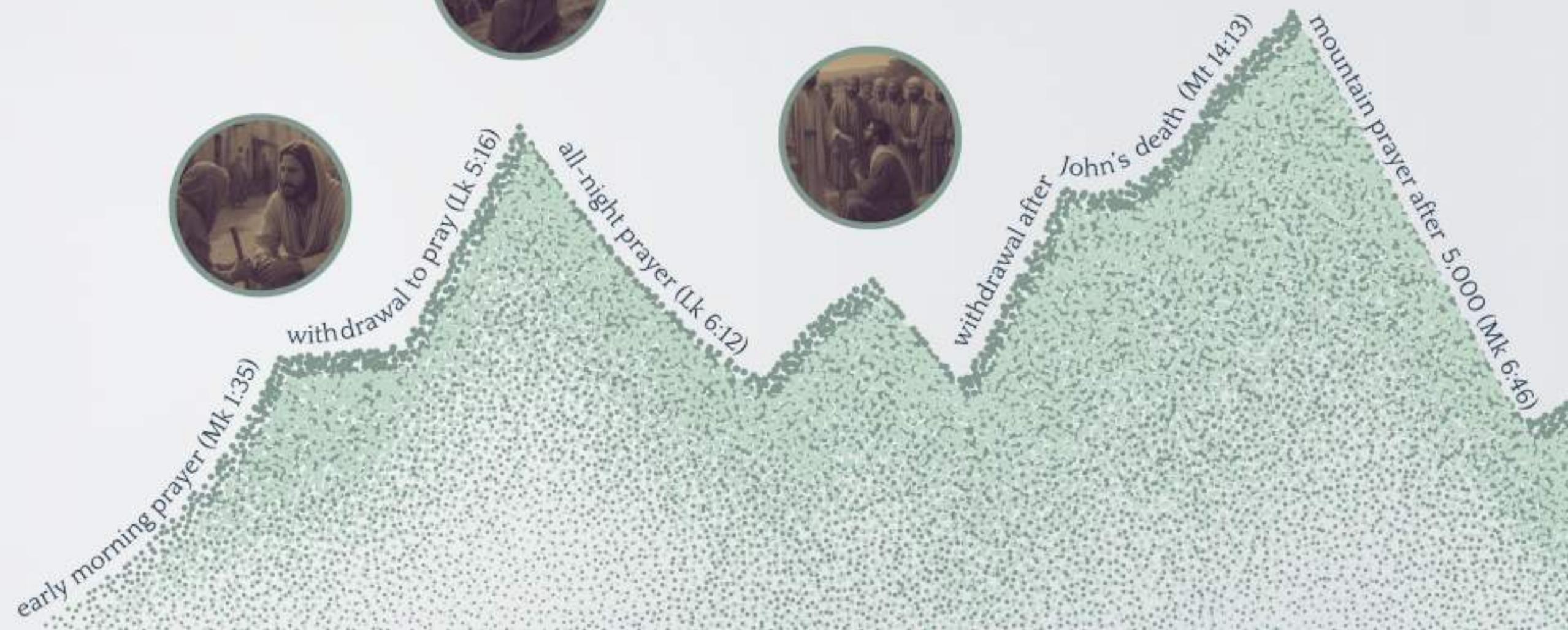
IF WE WANT THE  
**LIFE OF JESUS,**  
WE NEED THE  
**LIFESTYLE OF JESUS.**

J. M. Comer

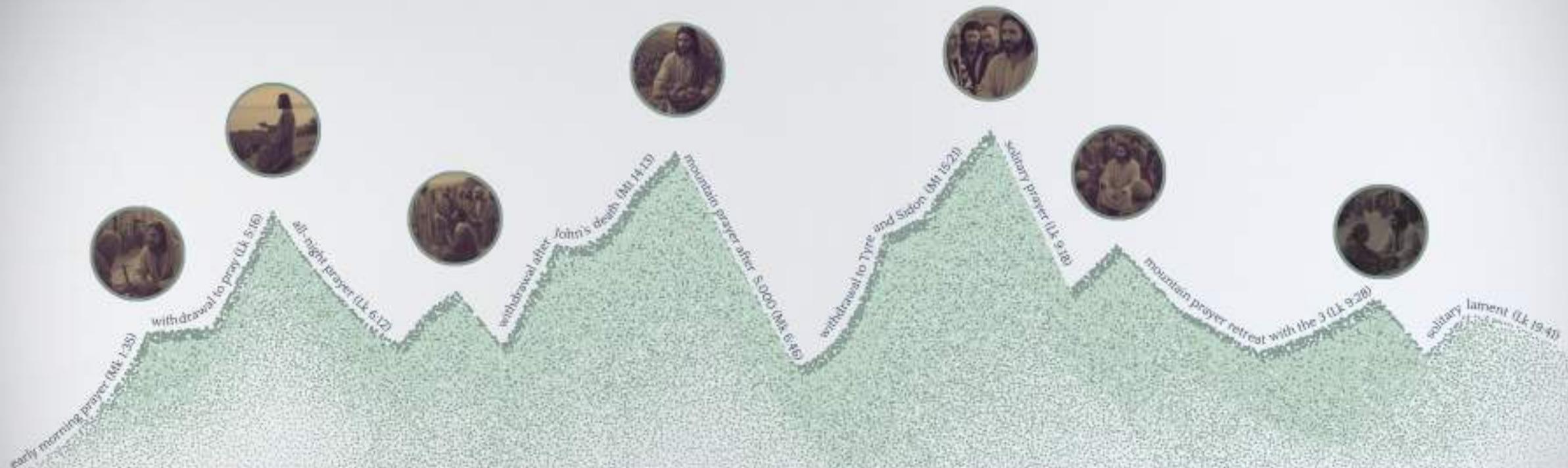




THE MOMENTS IN BETWEEN







THE MOMENTS IN BETWEEN

SELAH



# SELAH

PAUSE • INTERLUDE



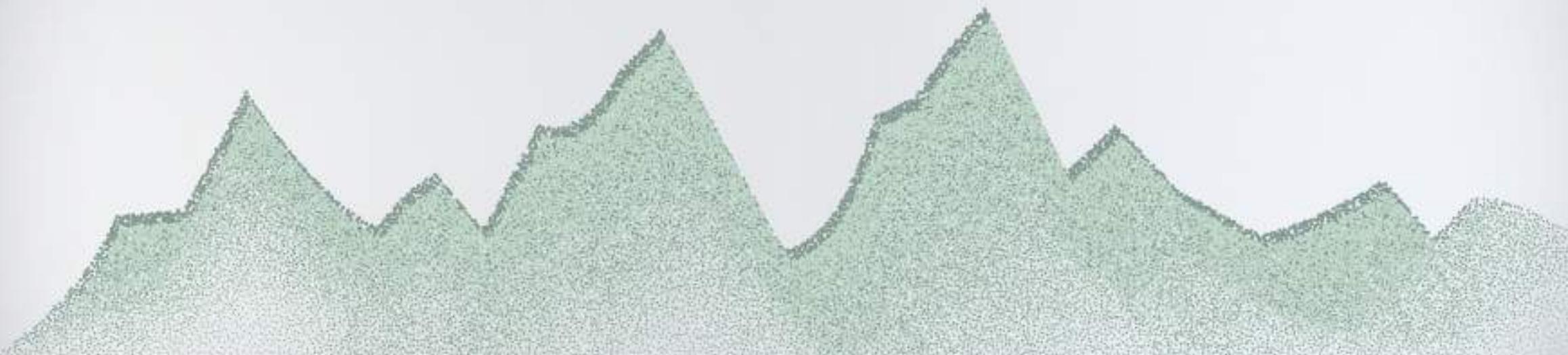


THE BOOK OF  
PSALMS

SELAH



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





SELAH





A faint, grayscale photograph of tall evergreen trees, likely firs or pines, is visible in the background on the left side of the page. The trees are arranged in a cluster, with their long, thin needles creating a textured, vertical pattern against a lighter background.  
  
LUKE 4-6  
A day in the life...



## L U K E  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

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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

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

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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 batter 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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*Sefah.*

P S A L M   6 2 : 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



PSALM 62:5-8

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God is a refuge for us.

*Zefah.*

P S A L M   6 2 : 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.

*Sefah.*

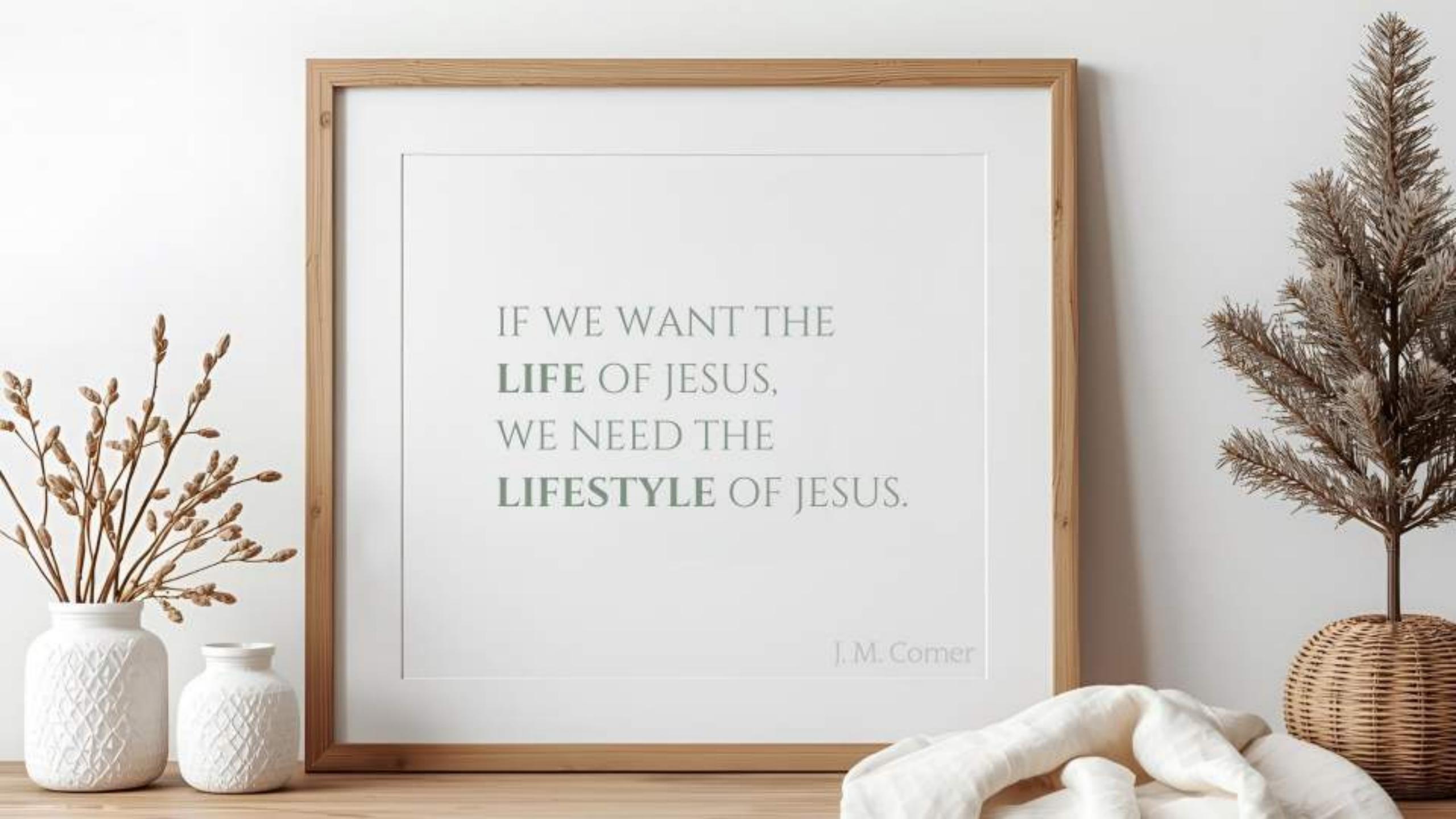
# SELAH

P S A L M   6 2



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





A person is sitting in a chair with their head down, resting on their hands, in a dimly lit room. A window in the background shows a snowy landscape with trees. The overall atmosphere is quiet and contemplative.

# 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 really *does* enjoy his presence.

Meditate on truth from God's word.

Typically now is the best, plain more Praise and Praise (or 2 paragraphs from the Gospels, Matthew, Mark, Luke or John). Read it slowly, and think about what you're reading.

Talk to God about yourself.

Don't overthink it, just be **real**. Like a close friend or wise Father. Let him know what you're thinking, what you're feeling and what you need help with.

# 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. Enjoy his presence!

Meditate on truth from God's word.

Try to follow the Jesus' own more Prolonged psalm of 3 paragraphs from the gospel of Matthew. (Matthew 6:5-13). Read it slowly, and think about what you're reading.

### **Talk to God about yourself.**

Don't worry about what you say. Make a close friend or wise Father. Let him know what you're thinking, what you're feeling, and what you need help with.

# SELAH STRATEGY

## QUIET TIME

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### **Meditate on truth from God's word.**

If you're new to this, less is 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.

# 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**:

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### **Meditate on truth from God's word.**

If you're new to this, less is 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.

## Why is this missing in our lives?

Feels like one more thing to do

Not a priority

Hard to find the time

## Why is this missing in our lives?

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



A DAY IN THE LIFE...



A DAY IN THE LIFE...



## TRY THIS: TIME BLOCKING

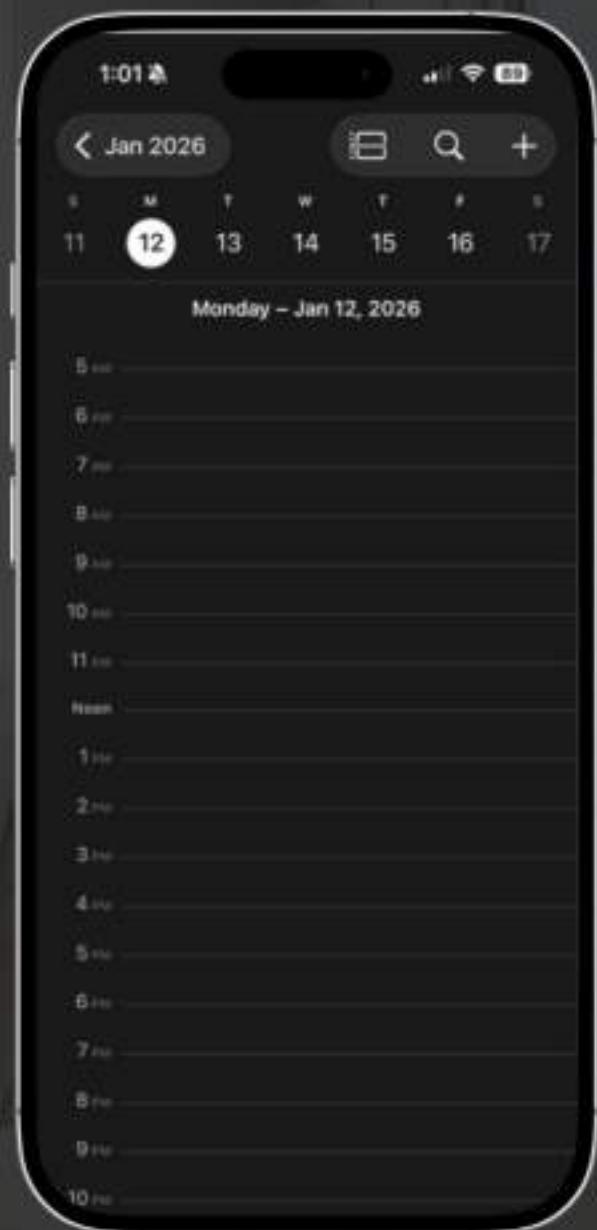
Time blocking is just **deciding ahead of time what your time is for**. Instead of letting your day just happen, you tell your day where it's going.

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**.

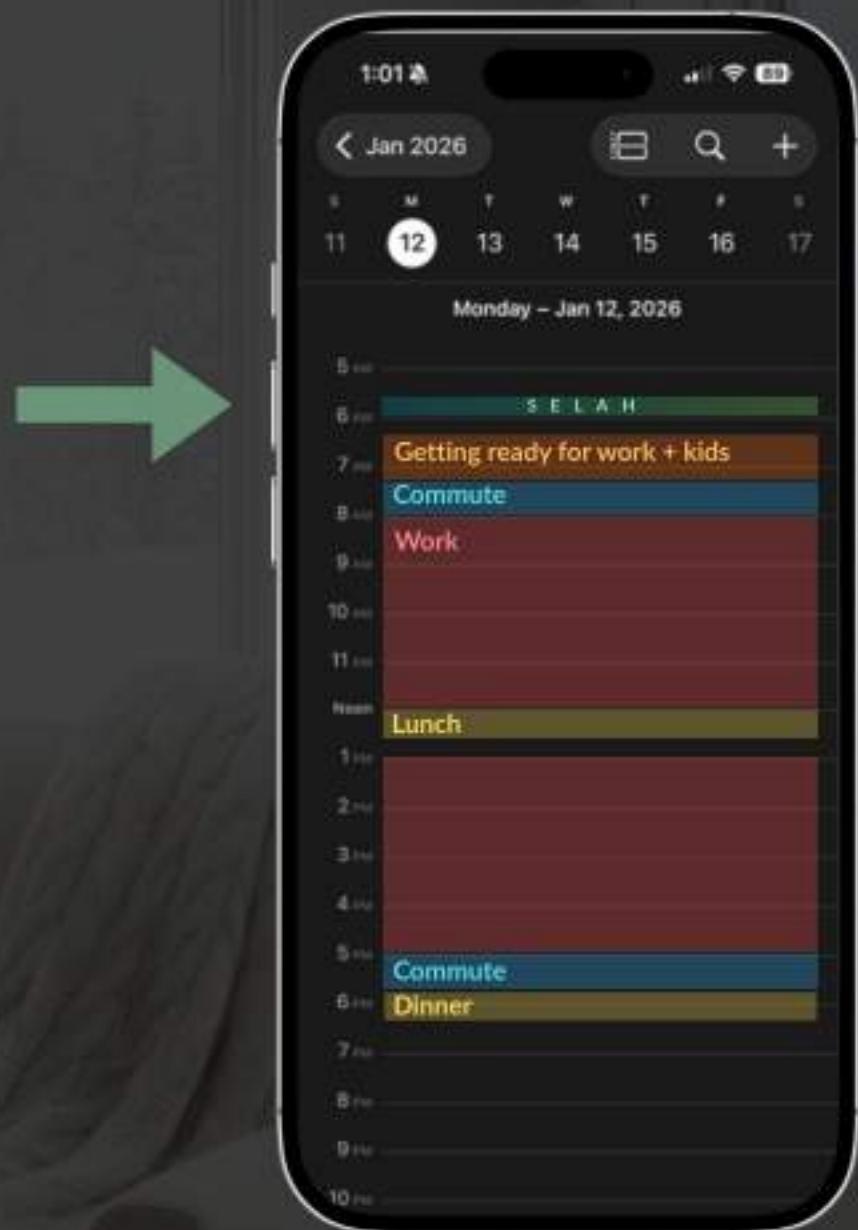
# TIME BLOCKING



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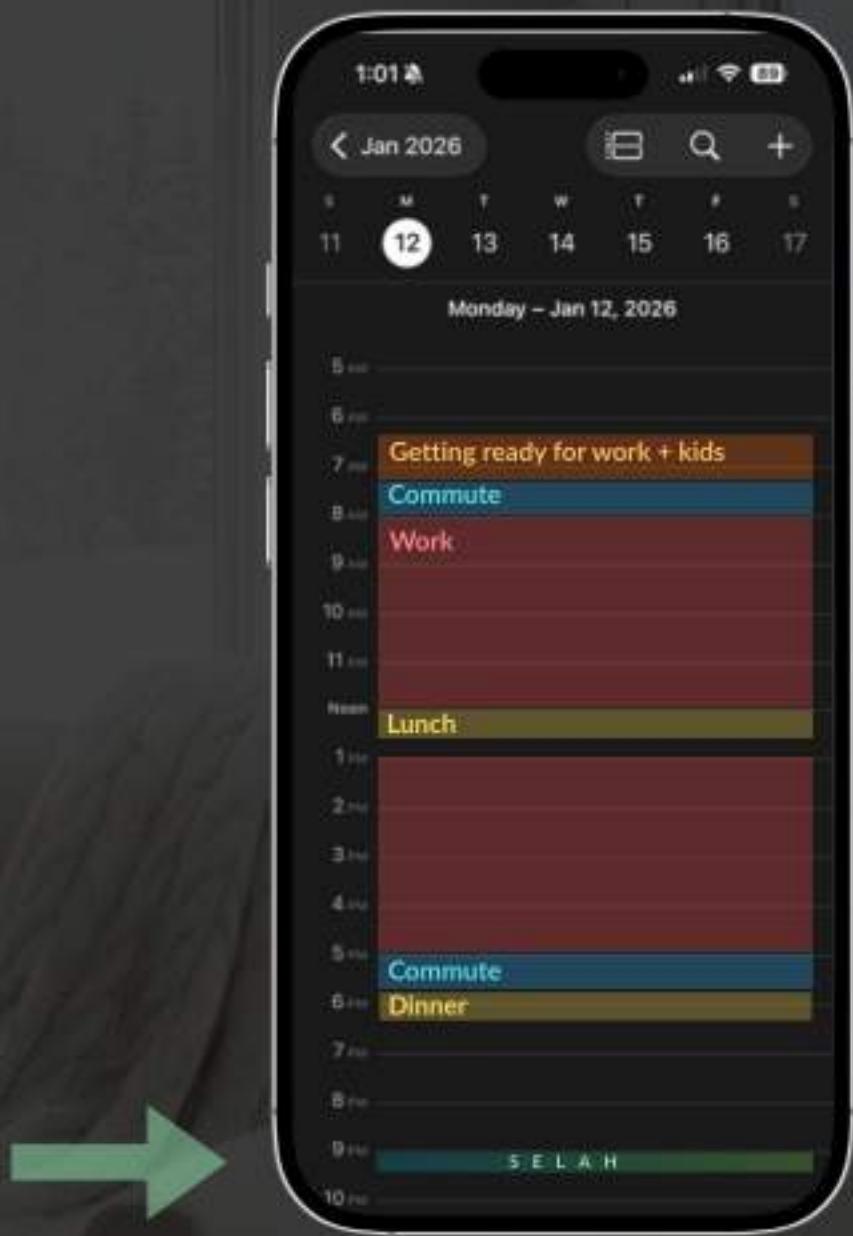
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# TIME BLOCKING



# SELAH STRATEGY

*Where do I start?*





# SELAH

THE MOMENTS IN BETWEEN

