

# SELAH

THE MOMENTS IN BETWEEN





From: **Mark R.**

Subject: I'm having a hard time

Hey Pastor Jon,

My mom said I should email you, so here I am. I don't really know what I'm supposed to say, except that honestly I hate my life. Nothing feels like it matters, and I'm mad that I'm supposed to just "trust God" when I don't feel Him doing anything.

People keep telling me it'll get better, but it's been getting worse, not better. I try to pray when I'm alone, but it feels like I'm talking to nothing. I don't want to stop believing, but I don't know how to keep believing when I feel this way.

Reply

A





From: Linda K.

Subject: I don't know how long I can keep doing this

Hi Pastor Jon,

I've walked with the Lord for a long time, but this past year has been very difficult. I've lost good friends, have more pain, feel less useful and sometimes just forgotten.

I still pray every day, but I'm starting to wonder if God has a purpose for this part of my life or if I'm just supposed to close my mouth and endure it until he takes me home.

I hate to even say it, but I almost feel abandoned by God. Is it wrong for me to feel that way?

Reply

A

➡





From: Jason T.

Subject: I thought I'd be okay by now

Hi Pastor Jon,

I've been sitting on this for years, but I think I finally need to say it out loud. When my son was sick, I prayed like I never have before. I really believed God was going to heal him. He didn't.

I know what the right answers are, and I've said them to other people. But inside, I'm angry, and I don't trust God the way I used to. I still show up, I still serve, but it feels like I'm just going through the motions now.

I don't know how to grieve and still believe at the same time, and I don't know what to do with that.

Reply









# SELAH

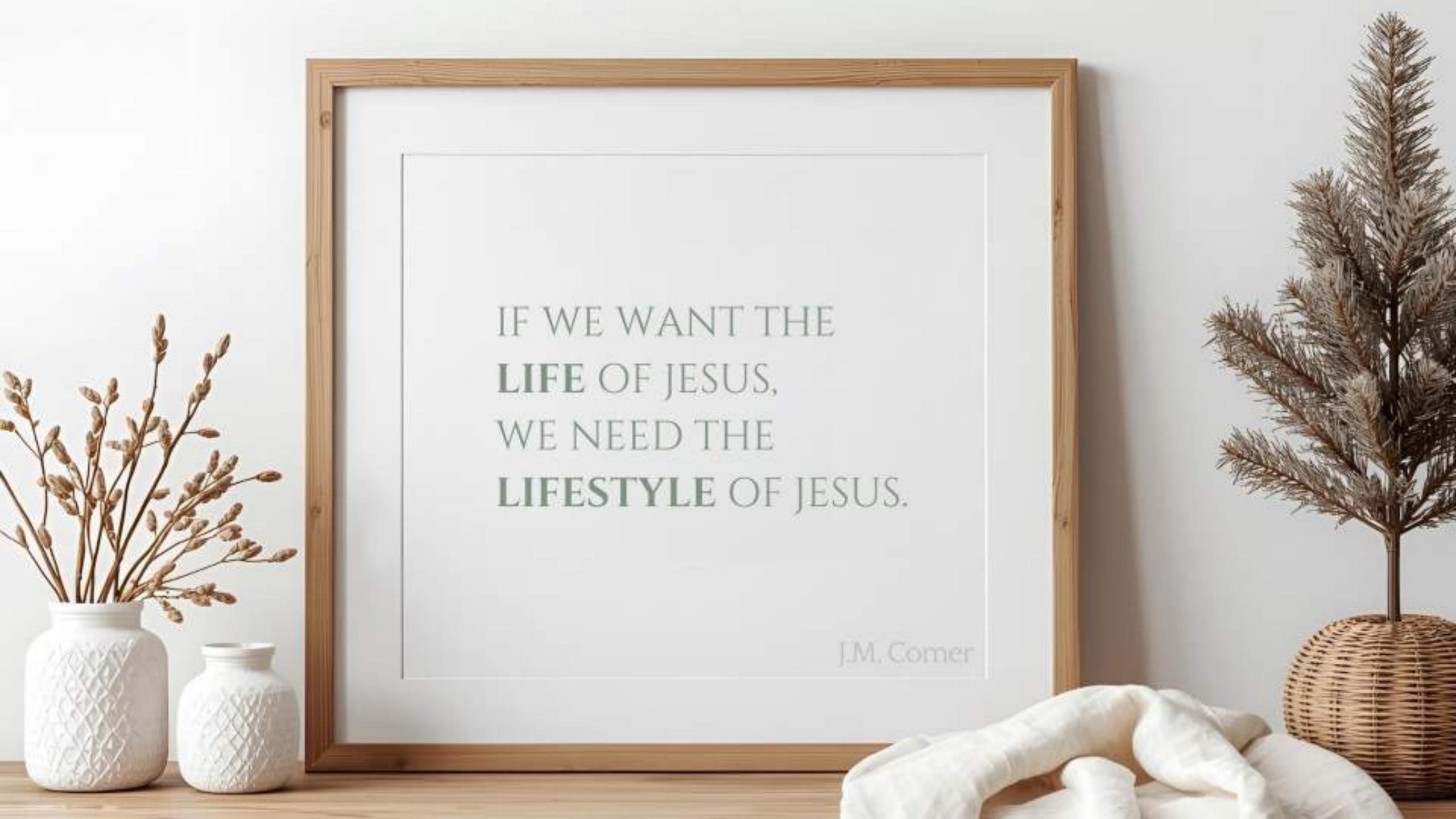
THE MOMENTS IN BETWEEN



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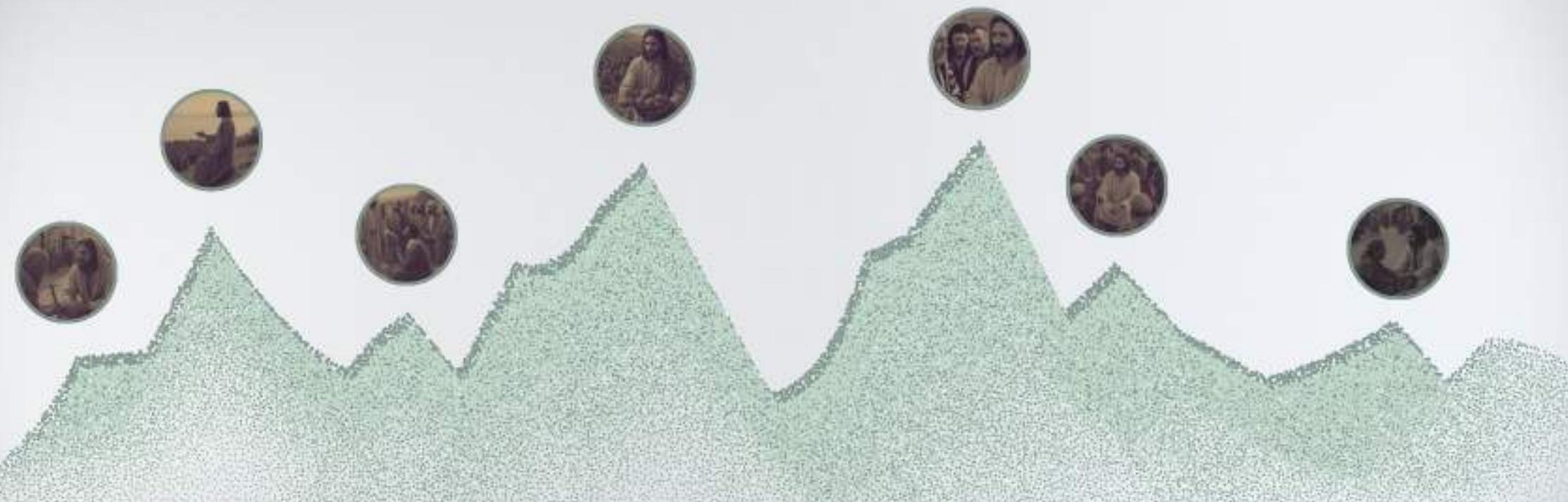
PAUSE • INTERLUDE

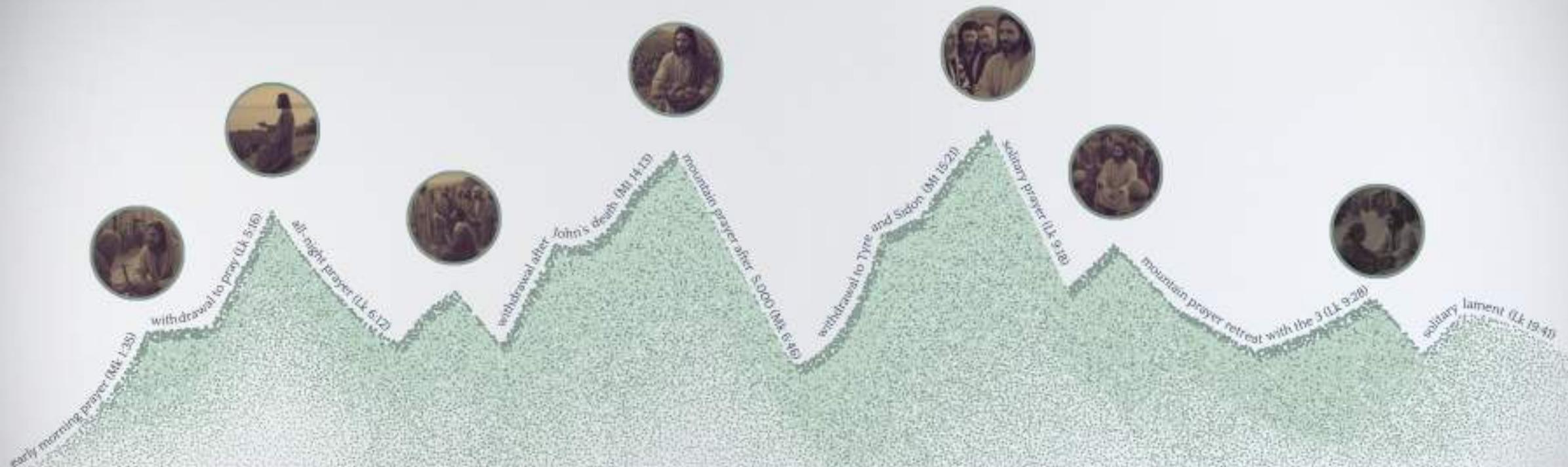




IF WE WANT THE  
**LIFE OF JESUS,**  
WE NEED THE  
**LIFESTYLE OF JESUS.**

J.M. Comer





THE MOMENTS IN BETWEEN









SELAH





# MATTHEW 26

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A day of anguish...



## M A T T H E W 2 6

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- 26:17-25 - The Passover with the disciples
- 26:26-29 - Institution of the Lord's Supper
- 26:30-35 - Jesus foretells Peter's denial
- 26:47-56 - Betrayal and arrest of Jesus
- 26:57-68 - Jesus before Caiaphas
- 26:69-75 - Peter denies Jesus



## M A T T H E W 2 6

- 26:17-25 - The Passover with the disciples
- 26:26-29 - Institution of the Lord's Supper
- 26:30-35 - Jesus foretells Peter's denial
- 26:36-46 - Jesus prays in Gethsemane**
- 26:47-56 - Betrayal and arrest of Jesus
- 26:57-68 - Jesus before Caiaphas
- 26:69-75 - Peter denies Jesus



**And going a little farther he fell  
on his face and prayed.**

MATTHEW 26:39

# PSALM 77



77:1-3

I cry aloud to God,  
aloud to God, and he will hear me.

In the day of my trouble I seek the Lord;  
in the night my hand is stretched out without wearying;  
my soul refuses to be comforted.

When I remember God, I moan;  
when I meditate, my spirit faints.

77:1-3

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*Sefah.*

P S A L M 7 7 : 1 - 3

SELAH



77:4-9

You hold my eyelids open;  
I am so troubled that I cannot speak.

I consider the days of old,  
the years long ago.  
I said, "Let me remember my song in the night,  
let me meditate in my heart."

77:4-9

You hold my eyelids open;  
I am so troubled that I cannot speak.

I consider the days of old,  
the years long ago.

I said, "Let me remember my song in the night;  
let me meditate in my heart."

77:4-9

Then my spirit made a diligent search:

Will the Lord spurn forever,  
and never again be favorable?

Has his steadfast love forever ceased?

Are his promises at an end for all time?

Has God forgotten to be gracious?

Has he in anger shut up his compassion?"

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*Selah.*

P S A L M   7 7 : 4 - 9

SELAH





# STAGES IN LIFE OF FAITH

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1. The recognition of God
2. The life of dependence
3. The produce of love
4. The life of knowledge



# STAGES IN LIFE OF FAITH

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1. The recognition of God

2. The recognition of God

3. The recognition of God

4. The recognition of God



## STAGES IN LIFE OF FAITH

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1. The recognition of God
2. The life of discipleship



## STAGES IN LIFE OF FAITH

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1. The recognition of God
2. The life of discipleship
3. The productive life



## STAGES IN LIFE OF FAITH

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1. The recognition of God
2. The life of discipleship
3. The productive life
4. The journey inward





77:10-20

Then I said, "I will appeal to this,  
to the years of the right hand of the Most High."

77:10-20

I will remember the deeds of the LORD;  
yes, I will remember your wonders of old.  
I will ponder all your work,  
and meditate on your mighty deeds.

Your way, O God, is holy.

What god is great like our God?  
You are the God who works wonders,  
you have made known your might among the peoples.  
You with your arm redeemed your people,  
the children of Jacob and Joseph.

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the children of Jacob and Joseph. *Zefah.*

77:10-20

When the waters saw you, O God,  
when the waters saw you, they were afraid;  
indeed, the deep trembled.  
The clouds poured out water;  
the skies gave forth thunder;  
your arrows flashed on every side.  
The crash of your thunder was in the whirlwind;  
your lightnings lighted up the world;  
the earth trembled and shook.

77:10-20

Your way was through the sea,  
your path through the great waters;  
yet your footprints were unseen.  
You led your people like a flock  
by the hand of Moses and Aaron.







YET HE'S BEEN FAITHFUL  
FAITHFUL TO ME

In my moments of fear  
Through every pain, every tear  
There's a God who's been faithful to me  
When my strength was all gone  
When my heart had no song  
Still in love, He's proved faithful to me  
Every word, He's promised is true  
What I thought was impossible,  
I've seen my God do  
He's been faithful, faithful to me



# SELAH

PSALM 77



GOD'S BEEN FAITHFUL • I CAN TRUST HIM

And going a little farther he fell on his face and prayed.

**“My Father, if it be possible, let this cup pass from me;  
nevertheless, not as I will, but as you will.”**

MATTHEW 26:39







# SELAH

PSALM 77



GOD'S BEEN FAITHFUL • I CAN TRUST HIM



SELAH STRATEGY  
SOLITUDE





# SELAH STRATEGY

## SOLITUDE

Solitude is simply a planned getaway with God. It involves temporarily stepping away from the rhythms of normal life so we can meet God honestly and unhurriedly.

Length and location are completely flexible.

Solitude can be short or long. The place can be exotic, charming or ordinary. Just make sure it's enough time to get honest with God without feeling rushed. And make sure it's a place with a low chance of interruption.

The goals of solitude are to be maximally honest with God and maximally open to His leading. Solitude is the time to open the emotional vault with God, letting him hear from the real you about the real things in your life. What are the biggest question marks in your life? Greatest frustrations and fears? Open up.

The best time to solitude is when you have a break in your schedule of devotionals, time for journaling, prayer, and time reflecting with God on major parts of your life.

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**Good solitude takes good planning.**

The best times of solitude include time for reading **Scripture** or devotional material, time for journaling or **prayer**, and time reflecting with God on major parts of your life.

# TRY THIS

## SOLITUDE RETREAT

### (1) Hear from God.

Some strategies I've used: read a psalm or two several times over; read a short NT letter (Philippians, James, 1 John); or (if you have more time) try reading or listening to an entire gospel in one sitting.

### (2) Reflect with God.

I like to carve out solitude for unstructured prayer (just talking to God) the way I would connect with a close friend.

Then I like to reserve time (40 min) through a few specific, bi-directional questions like:

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- How have I grown spiritually since the last time I "got away"?

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- If someone were following me around 24/7 making a documentary on my life, what would they say my life is all about? What drives me? What are my priorities? How do I treat others in small moments?
- How can I work with God and for God to reshape anything in my life that's out of order?

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