

[SELAH]

*a time to pause, carefully examine, measure,
and value what has been said.*

“Return to your **rest**,
my soul, for the Lord
has been good to you.”

Psalm 116:7



The goal isn't to read all of the passages listed below. The goal is to **dwell** on them, **take all week on one passage if you need to**. Spend the time, make the time, and dwell on the words; then rest in the truth.

Psalm 3:1-8

Psalm 61:1-4

Psalm 9:16-20

Psalm 75:1-3

Psalm 20:1-3

Psalm 84:1-8

Psalm 24:1-10

Psalm 89:1-4

Psalm 46:1-7

Psalm 143: 1-6

