

The background is a complex marbled paper pattern. It features large, organic shapes in shades of tan, beige, and light brown, interspersed with darker, swirling veins of charcoal grey and black. There are also areas of off-white and light grey, creating a rich, textured appearance. A central horizontal band contains a solid brown rectangle with a thin black border, which serves as a backdrop for the text.

S E L A H

The Process

1. Quiet Down
2. Listen
3. Meditate
4. Pray
5. Contemplate
6. Repeat

v1-3

God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging. **SELAH**

- Listen for the word, phrase or image that touches your heart
- Hold onto it
- Let it sink deep into your heart.

- Is God speaking into a specific area of your life today?
- Are there fears in your heart?
- Are there chaos or uncertainties you are facing?

***Let His Word & Presence come
into those places of your heart & life***

The Process

1. Quiet Down
2. Listen
3. Meditate
4. Pray
5. Contemplate
6. Repeat

v4-7 There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.
God is within her, she will not fall;
God will help her at break of day.
Nations are in uproar, kingdoms fall;
He lifts his voice, the earth melts. **SELAH**

- Listen for the word, phrase or image that touches your heart
- Hold onto it
- Let it sink deep into your heart.

- Is God speaking into a specific area of your life today?
- Are there areas of your life where you want to receive the gladness of the Lord?
- Are you looking for God to break through in a certain situation?

Receive what He wants to give you today

The Process

1. Quiet Down
2. Listen
3. Meditate
4. Pray
5. Contemplate
6. Repeat

v8-11

Come and see what the Lord has done,
the desolations he has brought on the earth.
He makes wars cease to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.
He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
The Lord Almighty is with us;
the God of Jacob is our fortress. **SELAH**

- Listen for the word, phrase or image that touches your heart
- Hold onto it
- Let it sink deep into your heart.

- Is God speaking into a specific area of your life today?
- Is there a situation where you need Him to go before you and fight on your behalf?
- Are there places in your life where He is asking you to be still and know He is God for you?

Sit quietly and let the truth of who He is meet you.