

# Selah

January 1, 2017 | Psalm 46

*Wonderful Mercy Church*

# Selah

- Pause
- Measure
- Lift Up

# Selah

Jesus Loves Me - by Anna B. Warner, 1860

Jesus loves me! This I know,  
For the Bible tells me so;  
Little ones to Him belong;  
They are weak, but He is strong.

Yes, Jesus loves me! Yes, Jesus loves me!  
Yes, Jesus loves me! The Bible tells me so.

# Psalm 46

God *is* our refuge and strength,  
A very present help in trouble.

<sup>2</sup> Therefore we will not fear,  
Even though the earth be removed,  
And though the mountains be carried  
into the midst of the sea;

<sup>3</sup> *Though* its waters roar *and* be troubled,  
*Though* the mountains shake with its  
swelling.        ***Selah***

# Psalm 46

<sup>4</sup> *There is a river whose streams shall make glad the city of God,  
The holy place of the tabernacle of the Most High.*

<sup>5</sup> *God is in the midst of her,  
she shall not be moved;  
God shall help her, just at the break of dawn.*

<sup>6</sup> *The nations raged, the kingdoms were moved;  
He uttered His voice, the earth melted.*

<sup>7</sup> *The LORD of hosts is with us;  
The God of Jacob is our refuge.     **Selah***

# Psalm 46 (NKJV)

<sup>10</sup> Be still, and know that I *am* God;  
I will be exalted among the nations,  
I will be exalted in the earth!

<sup>11</sup> The LORD of hosts *is* with us;  
The God of Jacob *is* our refuge.     *Selah*



## 15 Reasons Why you Need Margins in your Life

Kary Oberbrunner

1. **Laughter:** You can't laugh if everything is serious.
2. **Generosity:** You can't give if you have nothing left
3. **Memories:** You can't remember if you weren't present.
4. **Prayer:** You can't pray if you're self-sufficient.
5. **Dreams:** You can't dream if you can't imagine.

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- 6. Love:** You can't love if you're self-absorbed.
- 7. Exercise:** You can't exercise if you don't value yourself.
- 8. Creativity:** You can't create if you're merely a machine.
- 9. Experimentation:** You can't experiment if you don't have time to fail.
- 10. Reflection:** You can't reflect if you don't value rest.



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**11. Spontaneity:** You can't be in the moment if you're stuck in the future.

**12. Rest:** You can't sit if you can't stop.

**13. Peace:** You can't breathe deeply if you can't catch your breath.

**14. Friendships:** You can't expect to have friends if you fail to be one.

**15. Joy:** You can't pour out if you haven't been filled up

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