

Selah Challenge

Selah- Simply stated, it is the gap between a promise and its fulfillment. It represents an undetermined time of waiting and travailing between the need and the answer to that need and the gap between our sacrifice and the acceptance of our offering

Ten thousand voices

Psalms 3:1-3

¹ LORD, how are they increased that trouble me! many *are* they that rise up against me.

² Many *there be* which say of my soul, *There is* no help for him in God. **Selah.**

³ But thou, O LORD, *art* a shield for me; my glory, and the lifter up of mine head.

Inner man/ our heart

Psalms 4:1-5

¹ Hear me when I call, O God of my righteousness: thou hast enlarged me *when I was* in distress; have mercy upon me, and hear my prayer.

² O ye sons of men, how long *will ye turn* my glory into shame? *how long* will ye love vanity, *and* seek after leasing? Selah.

³ But know that the LORD hath set apart him that is godly for himself: the LORD will hear when I call unto him.

⁴ Stand in awe, and sin not: commune with your own heart upon your bed, and be still. **Selah.**

⁵ Offer the sacrifices of righteousness, and put your trust in the LORD.

Depressed Murmuring

Psalms 9:13-16 (KJV)

¹³ Have mercy upon me, O LORD; consider my trouble *which I suffer* of them that hate me, thou that liftest me up from the gates of death:

¹⁴ That I may shew forth all thy praise in the gates of the daughter of Zion: I will rejoice in thy salvation.

¹⁵ The heathen are sunk down in the pit *that* they made: in the net which they hid is their own foot taken.

¹⁶ The LORD is known *by* the judgment *which* he executeth: the wicked is snared in the work of his own hands. Higgsaion. **Selah.**

Our ongoing response

Psalms 62:1-8 (KJV)

¹ Truly my soul waiteth upon God: from him *cometh* my salvation.

² He only *is* my rock and my salvation; *he is* my defence; I shall not be greatly moved.

³ How long will ye imagine mischief against a man? ye shall be slain all of you: as a bowing wall *shall ye be, and as* a tottering fence.

⁴ They only consult to cast *him* down from his excellency: they delight in lies: they bless with their mouth, but they curse inwardly. **Selah.**

⁵ My soul, wait thou only upon God; for my expectation *is* from him.

⁶ He only *is* my rock and my salvation: *he is* my defence; I shall not be moved.

⁷ In God *is* my salvation and my glory: the rock of my strength, *and* my refuge, *is* in God.

⁸ Trust in him at all times; *ye* people, pour out your heart before him: God *is* a refuge for us.

Selah.