

# Pleasant Valley Weekly

Sing praises to God, sing praises! Sing praises to our King, sing praises! For God is the King of all the earth; Sing praises with understanding. (Psalm 47 : 6—7)

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## Selah—Stop and Listen

“Stop and smell the roses.” We’ve all heard this at least once in our lives. Especially when we are running to quick to notice the beauty of the world around us.

The Psalmist was particularly interested in his readers stopping and smelling the roses. There is a small word often found off to the side, a word which most time is never read, let alone understood. The word is “Selah” and it means a rest, a pause.

When you take the time to rest, to pause, when reading the Psalms you hear a different message. You hear the message of one trying to get a point across.

The same method is used today in public speaking, preaching, teaching, and the like. A pause, even ever so slightly draws the attention of the audience. It causes one to stop writing, stop fidgeting and listen more closely. It is most effective when trying to get a specific point sent and received.

However, the Psalms are read like many other things. Once sentence at a time with very little emphasis on the breaks, pauses, and other natural rests. This affects the message being delivered.

Today, we focus on the rest, the pause. Today we stop and listen. Today we take the time to “Stop and smell the roses.”

## Selah—Stop and Listen

- \* The book of Psalms

Selah—a musical term; meaning rest.  
Stop and Listen

- \* Psalm 3

They increased; but you are a shield for me.  
Isaiah 12 : 2; 26 : 4

- \* Psalm 32

Blessed is the man whom the Lord does not impute iniquity; you forgave mine.  
Romans 8 : 1; 5 : 18—19

- \* Psalm 46

God is our refuge, the Lord of Hosts is with us.  
II Peter 3 : 10—13; Mark 13 : 8, 31

- \* Psalm 49

The foolish trust in themselves and their riches. God will redeem me.  
Titus 3 : 8—9; I Timothy 6 : 17; Hebrews 2 : 11—13

- \* Psalm 57

I cry out to God, for they have laid traps for me.  
II Corinthians 4 : 16—18

- \* Psalm 46 : 10

Be still, and know that I am God  
Romans 1 : 20