

*Do you realize you were not created to go without a regular time of pausing
and reflecting on the goodness of the Lord?*

Reflect for a moment on the pattern of rest that is built into our lives. Our year has four distinct seasons. One of new growth, the second of fruit producing, the third of harvest and then the silent pause of winter. Our week is structured with built in rests as well. Six days to work and then one day of much needed restoration. Our day is structured with sixteen hours to work and eight to sleep.

The word Selah is used 74 times throughout the Bible. It is placed within poetry and the psalms as a signal to pause and listen. This beautiful word denotes a moment of time to be used for pausing, thinking, remembering and thanking God for His abundant goodness. Selah is the Hebrew word for margin.

While traveling on this life's journey it is so easy to become busy and forget to meditate on God's word and reflect upon the good things He has done for us. We know it is important to study God's Word, but often time feel frustrated with past methods. Often times, Bible study becomes something we "have to" do rather than a time we "get to" experience. We may read the Word, but we don't interact with it. It resides within our head rather than our heart. The Selah study is a way to create space for the beauty of God's word to be observed, a moment to embrace your relationship with God through His word, and to listen to His voice.

That is why I want to introduce you to a different way of studying God's word... using the Selah method.

Selah Overview:

With our Summer Selah Study we are covering three books of the Bible that contain four chapters each.

June-Ruth, July-Jonah, August -Philippians.

This study is designed to be used five days a week reading over the same chapter for five consecutive days. You then record your discoveries, observations, questions, and application in the notes Selah form.

Selah Saturdays:

On one of the first Saturdays each month of the summer, we will meet at 38th Street Coffee for an introduction to the chapter. It is during this time a brief history will be given as well as significant things to look for in regard to who God is and how this affects you in your walk today.

Pray:

Before you read your chapter daily, ask the Holy Spirit to open your eyes to all He wants you to see and learn and place this portion of scripture in a whole new light. Ask for wisdom before during and after your time in the Word.

Read:

Read one chapter for five days in a row. This slow, deliberate reading allows you to thoughtfully consider the chapter you are reading.

Record:

There are several prompts presented for you to fill out as you read your chapter each day. The idea is to take time to really immerse yourself into the chapter...ask questions...be curious. (More detailed instructions below)

Pray:

And pray again. Each week we have included a place for you to record your prayer requests and the answers you received! Also included are specific, targeted prayer, based on scripture for those you know who need the Lord.

Small Group: (optional) If you so desire, form a group of three that meet weekly for accountability and sharing. Also, a time of specific prayer.

Record: For five days in a row you can record your findings in the Selah form. Feel free to use different color pen for each day so you can see your discoveries at a glance based on color.

Words I looked up- This is where you will look up the meaning of names, places, or words you are curious about, This will bring a richer understanding to what you are reading.

People- Who are all the characters mentioned in the chapter? Who are they? What do their names mean?

Questions I asked- As you read the chapter, you may find yourself asking questions about what was going on. Record them here and discuss them with your small group or do further study on them.

Other scripture- When a chapter of scripture is read and reread you may want to investigate the other passages recorded in your margin or in your footnotes. Record the scripture you look up here and a note about the significance..

Favorite verse- This is where you will write the verse(s) that you want to memorize or that are prominent to you.

Main themes- A theme is a recurring idea or motif. As you read your chapter, record the themes that you see occurring.

God's revealed character- Look for the aspects of God's character you see revealed in this chapter. (*See attributes of God list*)

Observations- Write your observations, insights, and any other information you would like to record in this portion.

Application- Take time to listen to what the Lord is teaching you. Record the lessons learned here and discover application to your life. The Bible is a book about God revealing Himself to man. By focusing on who He is we see ourselves more clearly. One way to make accurate application to the chapter you read would be to look more closely at God's character and use this format for understanding how to apply this new information.

Because God is _____ I am _____

and because I am in Christ I can _____.

The Attributes of God by the Navigators

Though God is infinitely far above our ability to fully understand, He tells us through the Scriptures very specific truths about Himself so that we can know what He is like, and be drawn to worship Him. The following is a list of 30 names and attributes of God.

God is Jehovah. The name of the independent, self-complete being—"I AM WHO I AM"—only belongs to Jehovah God. Our proper response to Him is to fall down in fear and awe of the One who possesses all authority.

—*Exodus 3:13-15*

God is Jehovah-M'Kaddesh. This name means "the God who sanctifies." A God separate from all that is evil requires that the people who follow Him be cleansed from all evil.

—*Leviticus 20:7,8*

God is infinite. God is beyond measurement—we cannot define Him by size or amount. He has no beginning, no end, and no limits.

—*Romans 11:33*

God is omnipotent. This means God is all-powerful. He spoke all things into being, and all things—every cell, every breath, every thought—are sustained by Him. There is nothing too difficult for Him to do.

—*Jeremiah 32:17,18, 26,27*

God is good. God is the embodiment of perfect goodness, and is kind, benevolent, and full of good will toward all creation.

—*Psalm 119:65-72*

God is love. God's love is so great that He gave His only Son to bring us into fellowship with Him. God's love not only encompasses the world, but embraces each of us personally and intimately.

—*1 John 4:7-10*

God is Jehovah-Jireh. This name means "the God who provides." Just as He provided yesterday, He will also provide today and tomorrow. He grants deliverance from sin, the oil of joy for the ashes of sorrow, and eternal citizenship in His Kingdom for all those adopted into His household.

—*Genesis 22:9-14*

God is Jehovah-shalom. This name means "the God of peace." We are meant to know the fullness of God's perfect peace, or His "shalom." God's peace surpasses understanding and sustains us even through difficult times. It is the product of fully being what we were created to be.

—*Judges 6:16-24*

God is immutable. All that God is, He has always been. All that He has been and is, He will ever be. He is ever perfect and unchanging.

—*Psalm 102:25-28*

God is transcendent. We must not think of God as simply the highest in an order of beings. This would be to grant Him eminence. But He is more than eminent. He is transcendent—existing beyond and above the created universe.

—*Psalm 113:4,5*

God is just. God is righteous and holy, fair and equitable in all things. We can trust Him to always do what is right.

—*Psalm 75:1-7*

God is holy. God's holiness is not simply a better version of the best we know. God is utterly and supremely untainted. His holiness stands apart—unique and incomprehensible.

—*Revelation 4:8-11*

God is Jehovah-rophe. This name means "Jehovah heals." God alone provides the remedy for mankind's brokenness through His son, Jesus Christ. The Gospel is the physical, moral, and spiritual remedy for all people.

—*Exodus 15:22-26*

God is self-sufficient. All things are God's to give, and all that is given is given by Him. He can receive nothing that He has not already given us.

—*Acts 17:24-28*

God is omniscient. This means God is all-knowing. God's knowledge encompasses every possible thing that exists, has ever existed, or will ever exist. Nothing is a mystery to Him.

—*Psalm 139:1-6*

God is omnipresent. God is everywhere—in and around everything, close to everyone. "Do not I fill heaven and earth?" declares the Lord.

—*Psalm 139:7-12*

God is merciful. God's merciful compassion is infinite and inexhaustible. Through His provision in Christ, He took the judgment that was rightfully ours and placed it on His own shoulders. He waits and works now for all people to turn to Him and to live under His justification.

—*Deuteronomy 4:29-31*

God is sovereign. God presides over every event, great or small, and He is in control of our lives. To be sovereign, He must be all-knowing and all-powerful, and by His sovereignty He rules His entire creation.

—*1 Chronicles 29:11-13*

God is Jehovah-nissi. This name means "God our banner." Under His banner we go from triumph to triumph and say, "Thanks be to God, who gives us the victory through our Lord Jesus Christ" (1 Corinthians 15:57).

—*Exodus 17:8-15*

God is wise. All God's acts are accomplished through His infinite wisdom. He always acts for our good, which is to conform us to Christ. Our good and His glory are inextricably bound together.

—*Proverbs 3:19,20*

God is faithful. Out of His faithfulness God honors His covenants and fulfills His promises. Our hope for the future rests upon God's faithfulness.

—*Psalm 89:1-8*

God is wrathful. Unlike human anger, God's wrath is never capricious, self-indulgent, or irritable. It is the right and necessary reaction to objective moral evil.

— *Nahum 1:2-8*

God is full of grace. Grace is God's good pleasure that moves Him to grant merit where it is undeserved and to forgive debt that cannot be repaid.

—*Ephesians 1:5-8*

God is our Comforter. Jesus called the Holy Spirit the "Comforter," and the apostle Paul writes that the Lord is "the God of all comfort."

—2 Corinthians 1:3,4

God is El-Shaddai. This name means "God Almighty," the God who is all-sufficient and all-bountiful, the source of all blessings.

—Genesis 49:22-26

God is Father. Jesus taught us to pray, "Our Father" (Matthew 6:9), and the Spirit of God taught us to cry, "Abba, Father.," an intimate Aramaic term similar to "Daddy." The Creator of the universe cares for each one of us as if we were the only child He had.

—Romans 8:15-17

God is the Church's head. God the Son, Jesus, is the head of the Church. As the head, the part of the body that sees, hears, thinks, and decides, He gives the orders that the rest of the body lives by.

—Ephesians 1:22,23

God is our Intercessor. Knowing our temptations, God the Son intercedes for us. He opens the doors for us to boldly ask God the Father for mercy. Thus, God is both the initiation and conclusion of true prayer.

—Hebrews 4:14-16

God is Adonai. This name means "Master" or "Lord." God, our Adonai, calls all God's people to acknowledge themselves as His servants, claiming His right to reign as Lord of our lives.

—2 Samuel 7:18-20

God is Elohim. This name means "Strength" or "Power." He is transcendent, mighty and strong. Elohim is the great name of God, displaying His supreme power, sovereignty, and faithfulness in His covenant relationship with us.

—Genesis 17:7,8

Sources: *The Knowledge of the Holy*, by A.W. Tozer; *Names of God*, by Nathan Stone; and *God of Glory*, by Kenneth Landon.



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