

SELAH

Pause Think Reflect

Take a breath.

God's people are experiencing brokenness.

The world feels overwhelming.

"Selah, pause, think, reflect," the psalmist tells us.

The psalms are filled with lament and praise.

Filled with reminders of Selah.

What does God have to say?

Breathing a sense of peace, in and out, do you find space for reflection and gratitude?

Going inward, how do you experience the Spirit flowing through you?

Receive the gift of stillness.

As God speaks new life into you, how will you respond?



Open Hearts. Open Minds. Open Doors.

The people of The United Methodist Church®

SELAH

Pause Think Reflect

Use this space to reflect on your experiences of SELAH:

Pause and ponder ... **Goodness**

Pause and ponder ... **Grace**

Pause and ponder ... **Gratitude**

Pause and ponder ... **Giving**

