

**SELAH**  
***“Your blessing be on your people! Selah.”***  
(Psalm 3:8)

What is the meaning of the word “Selah” which occurs 71 times in the book of Psalms? It means stop and rest, reflect, refocus and refresh. Take time out to catch your spiritual breath and perhaps re-align your priorities, pull in the loose ends of your mind. In the midst of serving the Lord and others, doing good things, right things, take a Selah!

Sir Henry Morton Stanley was a Welsh journalist and explorer, famous for his exploration of Africa and his search for David Livingstone. Stanley is often remembered for the words uttered to Livingstone upon finding him: "Dr. Livingstone, I presume?" Stanley hired a large company of Africans to carry his equipment and forge a path through the jungle. He was in a hurry to find Livingstone and pushed aggressively ahead demanding long and difficult marches through practically impenetrable jungle. One morning he awakened his porters but they did not move. He cajoled and threatened them but they refused to budge. Their Chief communicated their message to Stanley as follows: “We will not march today. We will wait until our souls catch up with our bodies.”

In our haste to march through the jungle of life sometimes we out-run our souls. We need to take a Selah to let our souls catch up with our bodies. In our busyness we can neglect our souls and we become stressed, strained and stretched. I’m thinking that the devil may not mind that we burn the candle at both ends because that will eventually lead to “burn out” and whether we burn out, fall out, wear out or drop out we’re out! And the devil is delighted!

Some Hebrew scholars suggest that “Selah” is a musical rest note signaling to the musicians to take a break. Charles Haddon Spurgeon says, “There is no music in a rest, but without these pauses there could be no music.” Some suggest that “Selah” means “pause and think about what you have sung.” Always making music and no stopping to muse will cause you to blow a fuse!

At intervals all along our major expressways in the United States there are designated “Rest Stops.” After driving hundreds of miles at 60 and 70 miles per hour around curves, over mountains and across wastelands; in all types of weather; through darkness, heat and storms, we need to get out of the fast lane, off the highway and stop!

Living the life of a Christian servant can make us “road weary,” cause wrecks and/or wear out the vehicle of our bodies unless we learn to take “Selah Stops”! Jesus said to His disciples, “Come away by yourselves to a desolate place and rest a while.’ For many were coming and going, and they had no leisure even to eat.” (Mark 6:31) Unless we come apart and rest, we will come apart!

Selah!

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