



Selah

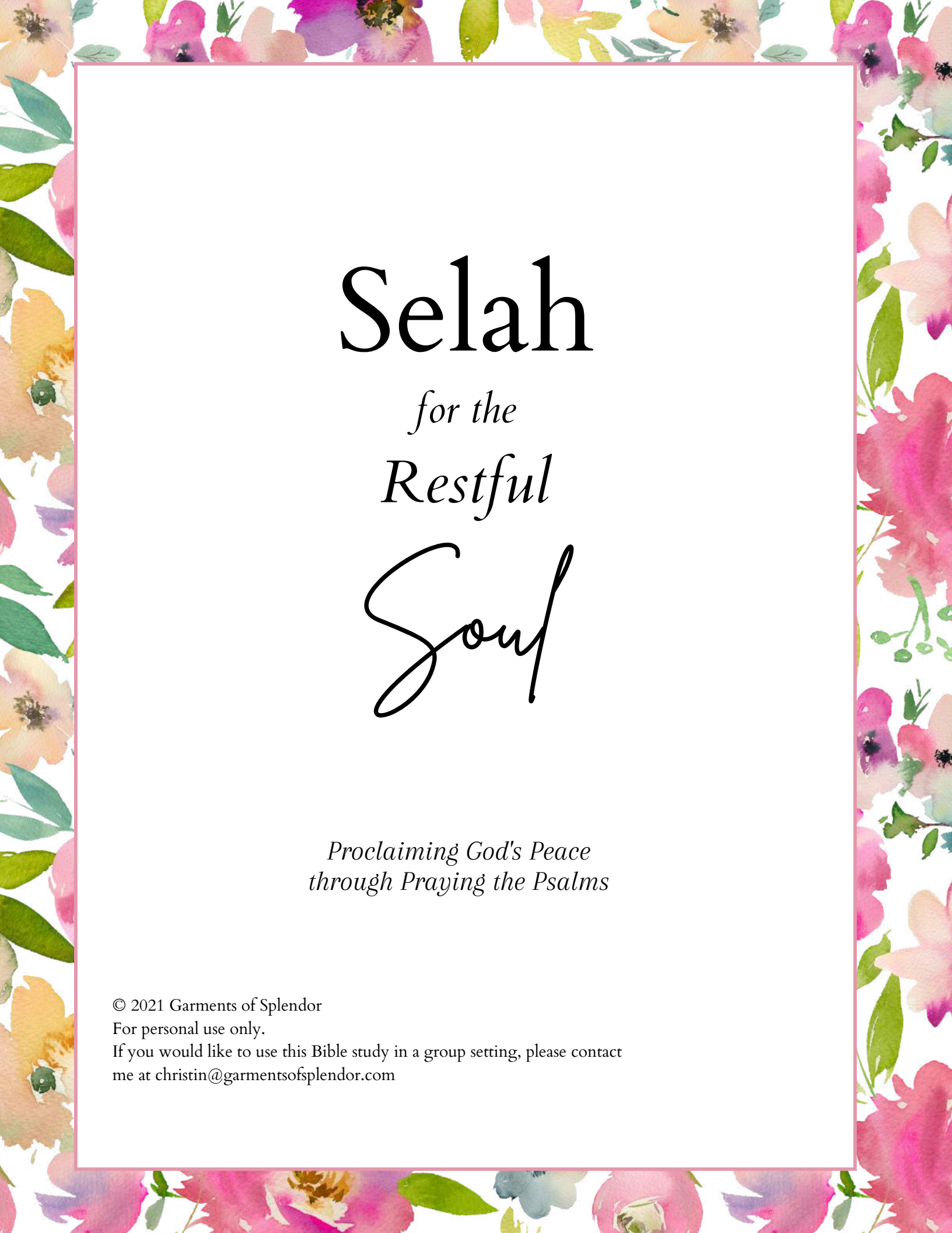
for the

Restful

Soul

*Proclaiming God's Peace
through Praying the Psalms*

garmentsofsplendor.com



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If you would like to use this Bible study in a group setting, please contact me at christin@garmentsofsplendor.com

Welcome!

Welcome to *Selah for the Restful Soul!* This Bible study is designed to equip you to pray God's Word with joy and delight. Spending time praying the Psalms is a powerful way to connect with God, and to receive daily refreshment and strength for our souls.

What if we woke up each day with a Psalm on our hearts and a hymn of praise on our lips? We would conquer our days with greater peace instead of finding ourselves paralyzed by fear and anxiety. Instead of wallowing in despair and defeat, we would be determined to hand over our cares to the One who prepares a feast for us in the presence of our enemies (Psalm 23:5).

So how can praying the Psalms radically transform our prayer lives and give us strength and peace each day? In this Bible study we will look at six types of Psalms, and how we can powerfully apply the truth of these Psalms to our daily lives.

What are the Psalms?

A psalm is a sacred song or poem used in worship. The Psalms in the Bible are a collection of poetry and hymns that were written specifically for singing praises to God. Many of the Psalms were written by King David, although some were written by the Sons of Korah.

It is important to understand that the Psalms were written in the beautiful literary style of poetry, and were designed to be accompanied with music. When we read the Psalms, this helps us understand the purpose of the Psalms, and how we can best incorporate them into our lives.

When we read the Psalms we are not just reading historical information, but powerful depictions of poetic language that highlights the greatness of our God. The Psalms also describe real human emotions, struggles, victories, and feelings of joy, and despair. We can identify with many of the emotions in the Psalms as we walk through our own spiritual journeys with God.



Why should we Pray the Psalms?

The Psalms are not only great for reading and reciting during times of worship, but praying the Psalms is a wonderful way to pray Scripture. Praying the Psalms is a powerful way to pray because reading the Psalms is like reading a prayer journal filled with the thoughts, feelings, and praises of the psalmists. Praying the Psalms is also a great way of expressing our heartfelt emotions, desires, and our love for God.

What is Selah?

The name of the Bible study *Selah for the Soul* is inspired from the word *selah*, which is found in over 70 Psalms in the Bible. Although the actual Hebrew meaning of the word *selah* is unknown, many biblical scholars believe that *selah* may have been a term that was used as a musical interlude within the Psalms. This brief intermission or pause is interpreted as “a pause in the voices singing, while the instruments perform alone.”* Other biblical commentators believe that the word *selah* derives from two different Hebrew words “to praise” or “to lift up”.*

Many people like to interpret *selah* to mean a combination of these definitions. We can certainly take the time to pause and reflect on specific passages in the Psalms, and we can use these times of thoughtful meditation on God’s Word to lift up the name of the Lord and give him praise!

In this Bible study, we will use the word *selah* as an opportunity to pause, reflect on the greatness of our God, and to give him praise. As you focus on reading and praying through the Psalms in this Bible study, keep these five aspects of the SELAH prayer method in mind:

Seek the Lord

Enjoy God's presence

Listen to God’s voice

Acknowledge your feelings and thoughts

Honor the Lord through worship and prayer





The SELAH Prayer Method

Let's briefly go through the different aspects of the SELAH prayer method:

Seek the Lord- Seek the Lord by reading his Word. Each day you commit to going through this Bible study, you are making the conscious decision to seek the Lord! Spend time with him each day reading the assigned Psalms and other Scriptures mentioned in the Bible study.

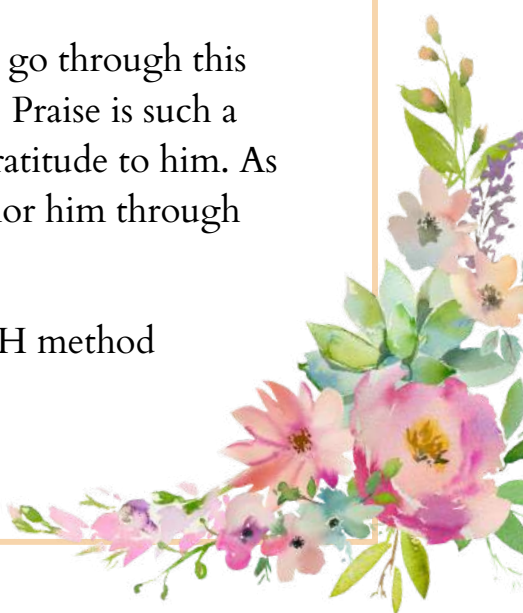
Enjoy God's Presence- Enjoy being in the presence of the Lord! What an honor and privilege we have to spend time with the God of the universe! The more we view studying God's Word as a *delight* rather than a *duty*, the more we will enjoy spending time with him!

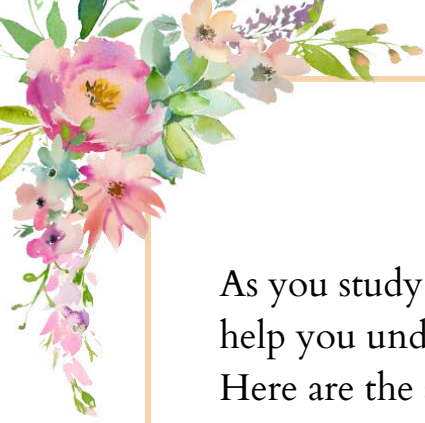
Listen to God's Voice- An important part of seeking the Lord through prayer is to *listen* to what God is speaking to us. He speaks to us through the Scriptures, through the awe and wonder of creation, and through God's people. When we spend quiet time with the Lord, we are more in-tune with the Holy Spirit, and will sense those moments when he is speaking to our hearts.

Acknowledge your Feelings and Thoughts- One of the powerful and unique aspects of the Psalms is that it displays raw human emotions. We as people can relate to the prayers of joy, hope, pain and sorrow that are written in the Psalms. As we pray using this Bible study, don't hold back your feelings from God. Release all of your thoughts, feelings, and emotions to him, knowing that he hears every pain we express and records every tear we shed. Freely share your thoughts and feelings to the Lord, and trust that he hears you!

Honor the Lord through Worship and Prayer--As you go through this Bible study, we can honor the Lord in our worship to him. Praise is such a powerful way to exalt the Lord and express our love and gratitude to him. As you pray the Psalms in this Bible study, don't forget to honor him through praise!

I truly hope you enjoy this Bible study, and may the SELAH method encourage and strengthen your soul each day!





How to Use this Bible Study

As you study the Psalms in this Bible study, there are **eight steps** used to help you understand and powerfully pray each Psalm.

Here are the steps:

1. **Selah Moment**

At the beginning of each day of the Bible study you will find a *Selah Moment*, which is a section in the Bible study where you can pause and reflect on a powerful nugget of truth from a Psalm. Use each Selah Moment to meditate on God's Word and encourage your soul.

2. **Read It**

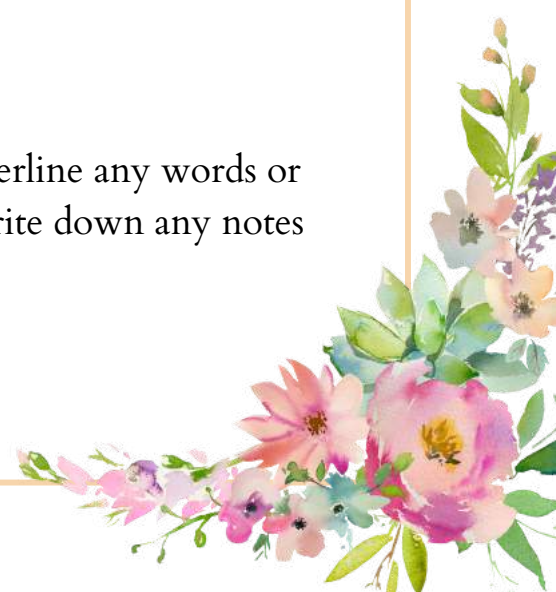
You can read each Psalm in the Bible study pages, or in your own Bible. The Psalms in this Bible study are in the NIV (New International Version), but you can choose whichever Bible translation you prefer. Read the entire Psalm silently or aloud, and allow the Holy Spirit to speak to you through the powerful words of Scripture. If you are able, try reading the same Psalm in another Bible translation, which will help you gain even greater insight and understanding.

3. **Write It**

In the Write It section, write down at least 1-3 of the verses from the Psalm that specifically stand out to you.

4. **Map It**

In the Map It section, you can circle, highlight, or underline any words or phrases in a Psalm that stand out to you. Feel free to write down any notes or observations about the passage in this section.





5. Cross Reference

In this section, you will look up at least one cross reference Scripture that is related to the Psalm you have read, and spend some time reflecting on those Scriptures.

6. Power Proclamation

In the Power Proclamation section, you will choose at least 1-2 verses from the Psalm, and write those verses in your own words as a powerful proclamation of God's truth over your life. When we identify the truth in Scripture and declare his Word, we are filled with hope, encouragement, and peace. After you have written your power proclamation, speak the truth of God's Word aloud! Writing each power proclamation will also prepare your heart to write down your prayers.

7. Pray

Now it's time to pray with power! You can use portions of the Psalm you studied to write or orally speak your own personalized prayer.

8. Bible Journal Activity (optional)

If you enjoy Bible journaling, you'll love this section! After you have prayed the Psalm, you have the option to create a unique Bible journaling page for each Psalm!

Are you ready to pray the Psalms with power?

It's time to cultivate sweet communion with God, and allow him to calm the turbulent storms in our lives. Let's take the time to *selah*--to pause, praise, and lift up the name of the Lord in worship. He will restore our souls by the still, quiet waters of his presence!

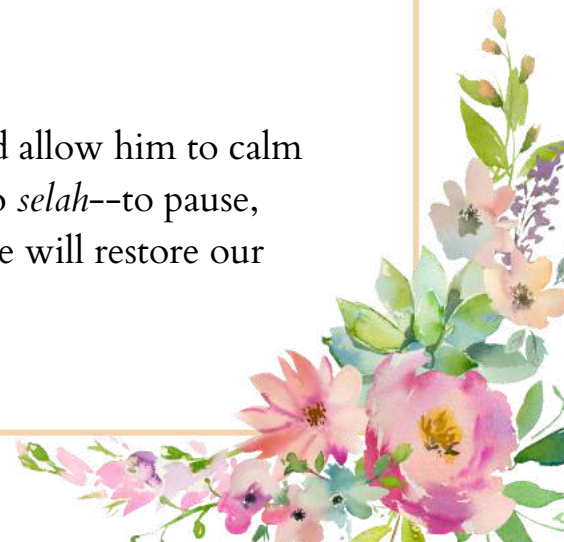




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Here is a list of the Psalms covered in this Bible study:

Week 1: Psalms of Praise

Day 1: Psalm 100

Day 2: Psalm 34

Day 3: Psalm 56

Day 4: Psalm 103

Day 5: Psalm 63

Week 2: Psalms of Protection

Day 1: Psalm 91

Day 2: Psalm 12

Day 3: Psalm 25

Day 4: Psalm 5

Day 5: Psalm 32

Week 3: Psalms of Blessing

Day 1: Psalm 1

Day 2: Psalm 21

Day 3: Psalm 24

Day 4: Psalm 128

Day 5: Psalm 65

Week 4: Psalms of Lament and Joy

Day 1: Psalm 42

Day 2: Psalm 30

Day 3: Psalm 31

Day 4: Psalm 16

Day 5: Psalm 27



Week One:



*Psalms
of
Praise*

*I will be glad and rejoice in you; I will sing the praises of your
name, O Most High.*

Psalm 9:2



Week 1: Psalms of Praise

Day 1: Praising God for who He is

Selah Moment: The Lord is good, and his love endures forever. (Psalm 100:5)

Some of the most common and profound Psalms in Scripture are Psalms of praise to God. Whenever you need to be reminded of the greatness of our God, read a Psalm of praise! These Psalms will take your focus off of the challenges in your life, and help you put your trust in the awesome power of God.

Several years ago I climbed a mountain in Colorado. After the difficult, grueling hike, my group and I made it to the top-- and what a glorious sight! Our eyes beheld the beauty of the deep valleys, and snow-capped mountains that lined the horizon with majestic greatness. Wildflowers of vibrant colors dotted the grassy hills, and my heart was overwhelmed with unspeakable awe and wonder.

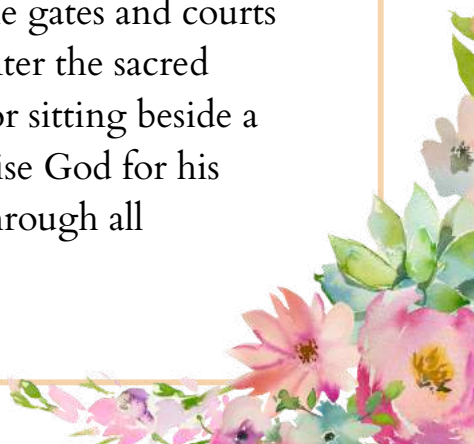
It made me want to burst into song with the familiar words,
*Then sings my soul, my Savior God to thee, how great thou art, how great thou art...**

It's amazing how the beauty of creation can move us to spontaneous stanzas of worship. I can fully understand how the anonymous psalmist of Psalm 100 penned these words,

Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. (Psalm 100:1-2)

Shout for joy to the Lord, *all the earth*. Every sway of a tree in the breeze, the call of a singing bird, and the roaring crash of waves on the sea all shout for joy at the power and might of the Lord. How much more can we, daughters of the King of kings, lift up our voices in praise to our God?

Our God not only sits enthroned on high, but stoops down low to pick up his hurting sheep and to comfort our weary souls. We can enter the gates and courts of our local church to praise His holy name. But we can also enter the sacred sanctuary of God's creation by walking a trail, visiting a park, or sitting beside a flower bed in a beautiful garden. No matter where you go, praise God for his goodness, his everlasting love. His faithfulness that continues through all generations! (Psalm 100:5).





Week One

Day 1: Psalm 100

Read It: Read Psalm 100 in your Bible or in the space below.

Psalm 100

(NIV)

A psalm. For giving grateful praise.

1 Shout for joy to the Lord, all the earth.

2 Worship the Lord with gladness;
come before him with joyful songs.

3 Know that the Lord is God.

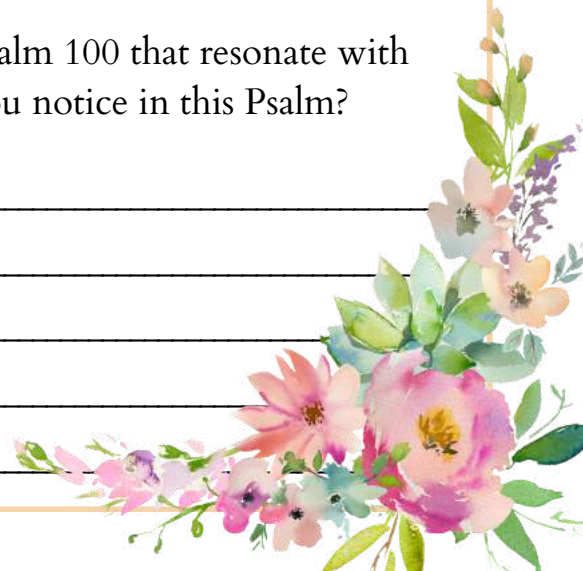
It is he who made us, and we are his;
we are his people, the sheep of his pasture.

4 Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

5 For the Lord is good and his love endures forever;
his faithfulness continues through all generations.

Write It: Write down at least 1-2 verses from this Psalm that stand out to you.

Map It: Circle or highlight any words or phrases from Psalm 100 that resonate with you. Write down any notes below. What emotions do you notice in this Psalm?





Week One
Day 1: Psalm 100

Cross Reference: Look up John 10:14-18. How does this passage relate to Psalm 100:3? In what ways is the Lord your Good Shepherd?

Power Proclamation: Write down a few truths from Psalm 100 in your own words below. Proclaim the power of God's Word over your life!

Pray: Write a list of at least 3-5 things that you praise God for, and use portions of Psalm 100 to write your own prayer of praise! Use the space on the next page to write your prayer.

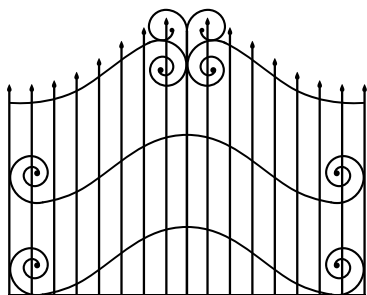
I praise you Lord for...





Psalm 100 Bible Journaling Activity


Create a Bible journaling page on this sheet, or in your journaling Bible that visually represents a portion of Psalm 100.



*Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.*

Psalm 100:4





*For the Lord is good
and his love endures
forever;
his faithfulness
continues through all
generations.*

Psalm 100:5