

# DISCUSSION GUIDE



## **IN THE MIDDLE – SELAH - PSALM 46**

The book of Psalms is made up of 150 lyrical poems which have served as the songs and prayers of God's people for centuries. Written over a period of eight hundred years by several authors, the Psalms teach us about life, worship, and God's relationship with us.

### **BELONG:**

Take a few minutes to hear about your group members' weeks.

1. Ask about highs and lows since you last met.
2. How easy is it for you to pause in the middle of doing something? What are your feelings about being interrupted? Does it change with different people?

### **BELIEVE:**

3. What are some thoughts you have from the message?
4. Did you learn anything about the word "Selah"? Is this something you currently practice in your life?
5. What is God's purpose for us to practice Selah?

### **BECOME:**

**Practice Selah this week as a group through these steps starting with God's Word. Additional suggestions provided below. Selah can be used in God's Word and while walking around God's World.**

READ/LISTEN/WATCH the text prayerfully and slowly three or four times.

REFLECT on words and images that stand out to you. (90 seconds)

RESPOND by talking to God about what you have just read. (180 seconds)

REST in God's presence and let Him simply love you. (90 seconds)

### **READ:**

First, Psalm 3:1-2 and then a second time Psalm 3:3-4.

### **LISTEN:**

Play the song (*Christ Be Magnified*) use the same Selah guide to practice Selah with the song.

### **WATCH:**

Play the video The Awesomeness of God on [godtube.com](http://godtube.com).

Share your thoughts of practicing Selah together.