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THE PRACTICE OF "SELAH"

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Selah

Psalm 44:8 (NKJV)
8 In God we boast all day long, and praise Your name forever. Selah

"Selah" is a Hebrew word that means a pause, reflection, rest, or musical interlude, mostly found in the Psalms and a couple of places in Habakkuk. This raises an important question: what does "Selah" truly signify, and in what ways do believers benefit from practicing it today? We are living in an age where life is so busy, and everyone is in a hurry. We have fast food, fast cars, and an avalanche of information to digest in a short amount of time. How often do we pause to reflect on God's word and goodness to us? How often do we stop to consider where we are in Christ and where we are headed? Some of the verses that are followed by "Selah" really highlight key moments to pause and consider our spiritual standing. For example, Psalm 44:8 prompts us to reflect on whether we live and boast in God all day long and praise His name continually. Psalm 4:4 asks us to ponder whether we stand in awe of God, avoid willful sin, commune with our hearts, and remain still in meditation. "Selah" is a call to slow down, tune out the noise of daily life, and meditate on the spiritual truths we have read or heard. This practice must be intentional, constant, and habitual.

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Practicing "Selah"

Psalm 143:5 (NIV)
I remember the days of long ago; I meditate on all your works and consider what your hands have done.

Psalm 46:10 (NIV)
10 He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

During "Selah" we are to find peace, strength, and guidance to carry on through our day and life. Here are a couple of pointers to help us practice "Selah". According to the two verses above, "Selah" should involve any of the following: remembering what God has done in the past, meditating on His works, considering the works of His hands, quieting one's mind and focusing on God's presence, and contemplating the greatness of God. The essence of "Selah" is to consider how to apply these to our current and future encounters of life circumstances. "Selah" propels on to the next phase of our relationship with God. Whenever we read a verse or passage, may we remember to pause afterwards to reflect on the words and feelings that stand out to us, and then respond by asking God for His insight and understanding through prayer, and then resting in His presence and letting Him direct our thoughts and actions afterwards. May the Holy Spirit enable us to practice "Selah" consistently. Amen!

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