

Maple Springs Baptist Church

Series: Why Everyone Needs Selah

Week 1: Why Selah when Fear is Loud

Psalm 3:1-8.

Why would anyone "Selah" when fear is this loud?

2 Samuel 15-18

That's the message: Not that David had no fear. But that in the middle of his fear, he found a way to stop.

1 — Fear Multiplies Faster Than Faith (v. 1).

Fear multiplies faster than faith—unless you interrupt it.

Fear has a way of doing math that doesn't add up.

Fear never stays the same size.

Fear is not always irrational.

Fear will always distort the size of the problem & shrink the size of your God.

The 1st step to Selah: Name you're fears.

2 — Fear Attacks Your Identity and Your God (v. 2)

"Deliver" is yeshuah — the root of the word salvation.

Fear always tries to rewrite your theology.

David's enemies had ammunition.

Fear doesn't just make the problem bigger. It makes you smaller.

3 — Selah Interrupts the Spiral (v. 2)

Selah means pause. Stop. Lift up. Reflect.

It was a holy interruption built into the very structure of worship.

Selah is not filler. It is a spiritual brake pedal.

Psalm 3:3.

Selah is not passive. It is not giving up. It is not denial. It is not pretending the fear isn't real. Selah is an act of defiance against the spiral.

The pause doesn't change the problem. But it changes your posture toward the problem.

Selah is God's invitation to stop running & start listening.

4 practical ways to take home this week.

Step 1: Identify Your "Many"

Step 2: Recognize How Fear Is Distorting Your View of God

Step 3: Build a Selah Moment Into Your Day

Step 4: Use Selah to Reset Your Perspective