

Maple Springs Baptist Church

Series: Why Everyone Needs Selah

Week 2: Why Selah when God Feels Far

Psalm 3:1-8.

1. Selah Helps You Remember Who God Is. Psalm 3:3

Faith often begins with a shift in focus.

- *God Is Your Shield: magen.*
- *God Is Your Glory: kavod—weight, worth, significance, honor.*
- *God Is the Lifter of Your Head: merim roshi.*

Your past may lower your head, but God's grace raises it again. Use Selah to shift your focus from problems to God's character.

2. Selah Helps You Pray Honestly. Psalm 3:4

Let God restore your dignity where shame has bowed your head.

3. Selah Helps You Rest When Life Is Restless. Psalm 3:5

The Hebrew: shakab...yashen describes lying down & entering genuine sleep.

Sleep is an act of trust.

"The LORD sustains me." Samak means to uphold, support, carry, or bear up.

Practice resting in God, not in circumstances.

4. Selah Helps You Stand When Fear Surrounds. Psalm 3:6.

Declare faith even when fear is still present.

Conclusion: Selah reminds you who God is when you forget who you are.