

NEPC Women's Ministry



# Selah Day 2024

An Invitation to Pause & Reflect

January 6, 2024

Dear Sister-in-Christ,

The Hebrew word for “Selah” is found over 70 times in the Bible, mostly in the book of Psalms. *Selah* is often translated as “pause and reflect.”

For centuries, the book of Psalms was used as an ancient hymnal for the nation of Israel. The people of God would sing the meaningful words of the Psalms together just as we sing modern hymns and worship songs today. The term *Selah* served as a reminder for the Israelites to slow down, not only to sing the familiar Psalms by rote but to meditate on the deep meaning and value within each word. These *Selah* reminders helped them seek the LORD, to push the truths down into the center of their souls, to renew their minds with the glorious reality of who God is. This is why you find *Selah* in the margin of your Bible, mostly in the book of Psalms. Consider the margins of page and the needed margins in your daily rhythms. *Selah*

The term *tacet* is used as a direction in music to indicate that an instrument is not to play during a movement or long section. Sometimes we need *tacet* moments for our souls to soak and ponder God’s greatness, glory, and sheer wonder.

Pause and reflect on God’s blessings and His work in your life throughout 2023. Let Him wash the words over your spirit. You may be refreshed and renewed, or you may find yourself spiritually parched. Whatever the climate of your heart, mind, and soul, prayerfully look ahead to this year stretched ahead. What wonders lie ahead? How do you hope and pray for God’s grace to soften your steps

Let’s join together in the quiet of this sacred morning with fervent prayers that our LORD will use this day powerfully in our lives – encouraging your hearts by His steadfast love and faithfulness in the past year and spurring you on with a 2024 stride to walk in Him, joined together in sync with His Spirit to thrive in Christ, trusting His way, surrendering to His will and the wonder of question marks to be revealed in His time and the full measure of His grace.

This process looks different for each one of us; however, if you need some help getting started, please use the resources provided. The guide attached is simple in form. Using scripture prompts, enjoy today’s spiritual springboard into the coming year. *Selah*

- Selah Day is from 7:30 am – 12 pm, but if you are unable to stay the entire time, please come and go as you’re able.
- Please do not take drinks (other than a water bottle with a top) into the Sanctuary

Prayers abide that today will be a blessing as you seek our LORD’s face. We join Isaiah’s heart, “My soul yearns for you in the night; my spirit within me earnestly seeks you” Isaiah 26:9a.

Seeking our LORD together!

Loving you in Christ!

*María Currey*

Director of Women’s Ministry  
Northeast Presbyterian Church





# CONSIDER and CELEBRATE

Revisit 2023. THANK God for His faithfulness and goodness as evidenced in your life. As you likely have personal challenges and/or victories through which you've walked, reflect on God's customized faithfulness to you and *for* you.

Consider major themes from 2023.

- What did you enjoy most?
- What challenged you most?
- What created tension for growth and maturing in Christ?
- What made you feel most alive?
- In what ways did you sense and know God's Presence? In what ways did you feel alone?
- How did you see God's hand, His faithfulness, in your circumstances?
- What blessings did He bring into your life in 2023? (any unexpected blessings?)

*Suggested Scripture: Psalm 130; Lamentations 3:22-66; Isaiah 43:1-7; John 15; Colossians 3:1-17; James 3*

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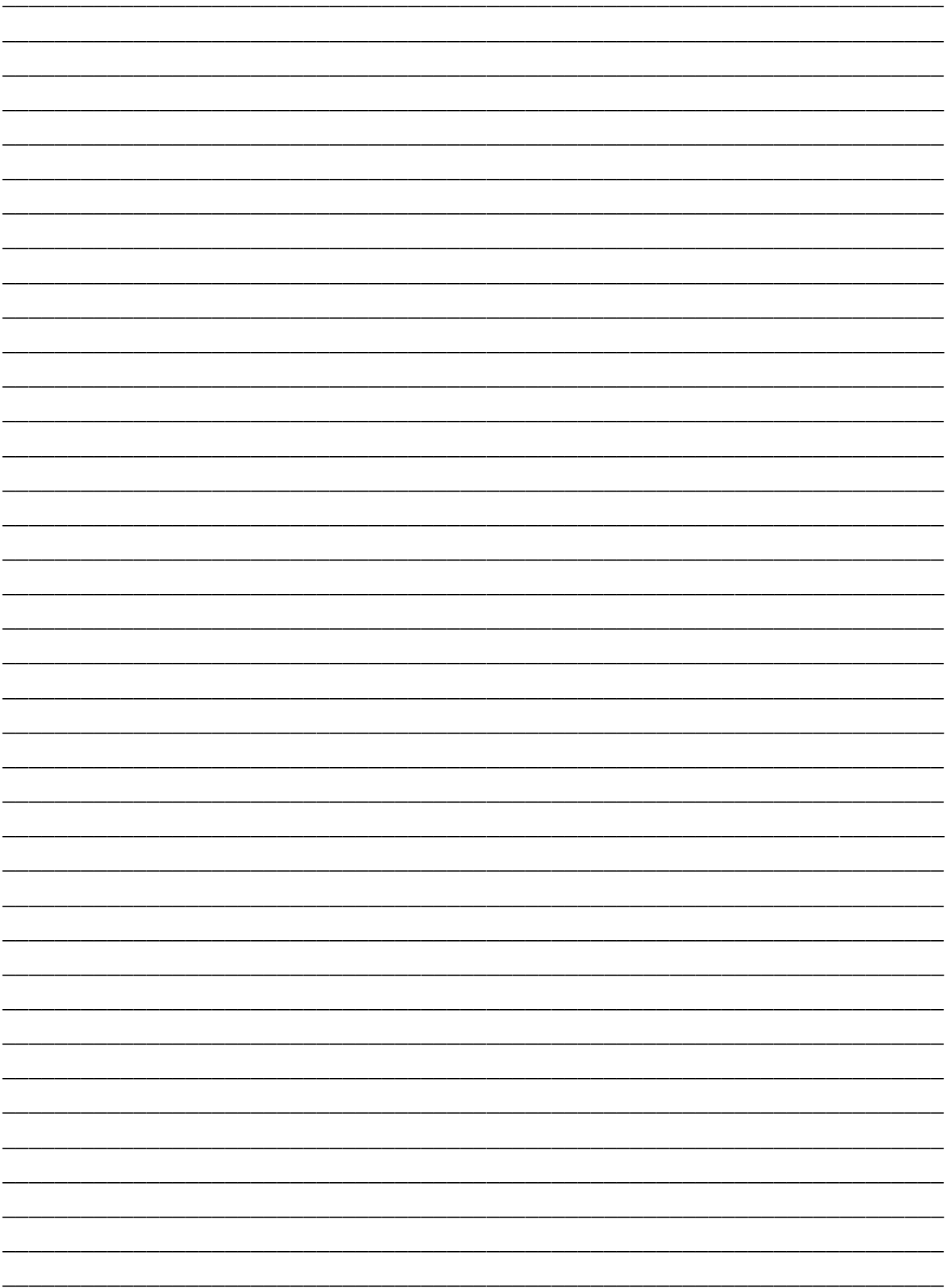
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## LOOK AHEAD

Cast vision for 2024! How is God calling you to step out in faith? What is God asking you to say “no” to? To what does He want you to say a resounding “YES”?

Perhaps “One Word” and/or scripture inspires your heart and mind for the coming year. Linger, pray, and seek God’s face for His will and way.

Think through and pray through any adjustments or changes you would like the Lord to help you make in your life.

You may have spiritual and practical resolutions in your mind; how do those resolutions translate into winsome yet tangible goals for the coming year?

*Suggested Scripture: Psalm 1; John 14; Revelation 21:1-8, 22-27*

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My “SELAH WORD(S)” for 2024:

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Scripture verse(s) or passage(s) for 2024:

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