

# SNACK FOOD FOR THE SOUL

LIFE ENHANCING DEVOTIONALS INSPIRED BY  
THE BOOK, *THE POWER OF PERSPECTIVE*.

WRITTEN BY SEAN CORT  
WEEK OF 12/14/2009

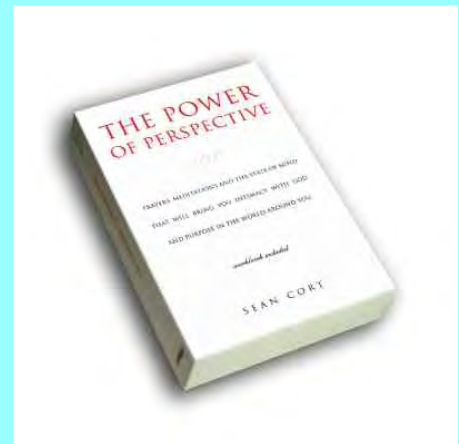
## Feast on this...

### SELAH

If you've read the book of Psalms in the bible, at some point or another the writer would use the word **SELAH**. This word simply means to pause and weigh the value of what was said. In today's vernacular **SELAH** would be translated as "Let that digest for a moment before you move on". If we learn to apply **SELAH** in other aspects of our life we would find ourselves more focused.

This journey through our lives takes us down many paths that require us to **SELAH**. Some paths are basic and direct routes to a season's destination, like going through that initial 90 day probation period when you start a new job. When we don't **SELAH**, grace may provide us a detour around an obstacle in our path. An example would be when the Lord gave you a bad feeling about someone before you entered into a committed relationship with them. After a period of time life revealed that they were secretly a disaster waiting to happen.

Other paths are just distractions that disguise themselves as detours and take us way off course until a dramatic or traumatic external force jolts us back to focus. A common example of this would be how our slow economy makes it quite easy to lose our spiritual objectives due to the financial lack in our lives. Some of us take on additional work hours to make ends meet at the cost of sacrificing our time with God or our time with family and other believers of our faith. The **SELAH** moment or the jolt comes when you realize how far you've gradually strayed from God as a result of not



spending time with Him. Suddenly our starting position in life's rat race is no longer as significant.

**SELAH** can be a blessing in many other regards in life. If you are a successful business owner take a moment and **SELAH**; then ask the Lord if you are making the spiritual impression that compares with the economic footprint that you are making in your market share. As Christians the bible tells us in Matthew 5:13-16)"... Let your light so shine before men that they may see your good works and give glory to your Father in heaven".

If you feel that you are fighting an uphill battle with your family as a parent or, **SELAH**; then ask the Lord to help you look back over your life at the odds you have helped your children to overcome or the times you have covered your spouse in prayer. As a Spirit filled believer your prayers and very presence in their life has changed their destiny. If that does not shed light then ask yourself if you are first being a good child or vessel for the Lord. He may be using your struggles to mirror your attitude toward Him.

The application of **SELAH** here is to stop at each juncture in life whether great or small and ask yourself and the Lord what is the true relevance of my current position. It may be to look back and behold God's salvation in your life. It may be to reach out to embrace or to lead someone. It may also be a point to simply reflect in silence to listen for the next step. **SELAH** means to digest. The digestive process means to absorb or incorporate into the system. This process takes place in the intestines. The intestines are made up of a series of ascending and descending turns. This means it is a route that will take time through a series of ups and downs. Understand that God may occasional send us a **SELAH** moment just to help us synchronize our watch with His clock.

**SELAH** is a gift of opportunity that allows us insight to the heart of God. Learn more about how to diligently seek the heart of God by logging on to [www.thepowerofperspective.net](http://www.thepowerofperspective.net) . You can also view excerpts from the book *The Power of Perspective* free of cost. You may order your personally autographed copy of **THE POWER OF PERSPECTIVE** from this website as well.

You may reach a **live operator 24/7** by calling 866-909-2665. This book will teach you how simply changing your thoughts will quite literally change your destiny, despite your current state of mind.

*Have an indescribably blessed week,*

*Sean*