

“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak” (Matthew 26:41).

“Pray without ceasing” (I Thessalonians 5:17).

STOP TO CONSIDER:

“Then the priest shall consider: and, behold, if the leprosy have covered all his flesh, he shall pronounce him clean that hath the plague: it is all turned white: he is clean” (Leviticus 13:13).

STOP TO THINK ON:

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things” (Philippians 4:8)

STOP TO RECKON: (An accounting term meaning, “the bottom line.”)

“Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord” (Romans 6:11).

STOP TO EXAMINE:

“These were more noble than those in Thessalonica, in that they received the

word with all readiness of mind, and searched the scriptures daily, whether those things were so” (Acts 17:11).

“Prove all things; hold fast that which is good” (I Thessalonians 5:21)

“Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world” (I John 4:1).

ONE LEPER STOPPED TO GIVE THANKS:

“And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, And fell down on his face at his feet, giving him thanks: and he was a Samaritan” (Luke 17:16).

JESUS STOPPED TO MINISTER:

“Nathanael saith unto him, Whence knowest thou me? Jesus answered and said unto him, Before that Philip called thee, when thou wast under the fig tree, I saw thee” (John 1:48).

“And when Jesus came to the place, he looked up, and saw him, and said unto him, Zacchaeus, make haste, and come down; for to day I must abide at thy house” (Luke 19:5), (Luke 19:1-10).

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The Hebrew word translated “Selah” is used seventy-five times in the Old Testament. It is used one time for the name of a town (II Kings 14:7). It is used three times in the book of Habakkuk. However, it is used seventy-one times by David in the book of the Psalms. The word “Selah” is used in the Old Testament twice as often as “amen”. It means to pause, to weigh, or to stop and think about it.

The Selah Bamberger Ranch is located in South Texas. This rather large, 5,500 acre ranch was rocky and very barren a half century ago. There was a lot of brush and little grass. The rain water which fell, simply ran away. There were no springs, ponds, or lakes on the ranch. The ranch was a very poor haven for wildlife. When Mr. David Bamberger acquired the ranch he began to remove some of the brush and plant native grass in place of the brush. Now, when the rains come from heaven, the rain water is stopped and caught by the grass and seeps into the ground. Today there are at least eleven springs on the property that furnishes water for ponds for birds, cattle, deer, turkey, and lot of other kinds wildlife. The streams from the ranch even provide water for several households and some of the water flows

sixty miles downstream to the city of Austin.

See: <https://vimeo.com/158492815>

I believe that there is a spiritual parallel to this natural story. Jesus went forth teaching, preaching, and healing according to Matthew 4:23. He taught the Word, he gave explanation of the word, and the application was healing to those who would receive it.

Because of our sin, we all have been a dead, dry, desolate place. However, Jesus tells a story of a sower that when out and sowed seed on four types of soil. The seed is the Word of God. The ground that received the seed brought forth life and a harvest.

Again, when the brush was removed and grass was planted on the ranch, it stopped and caught the rain water and the land became productive. All of us, including Christian ministers can become so busy ministering that we become dry and barren. We again need to stop (Selah) and plant the seed of the Word in our lives.

We are also to sow the seed of the Word in the lives of other people. Those that will receive the seed and the rain of the anointing of the Holy Spirit upon that seed will produce. Those who will stop (Selah) and receive will be refreshed with the LIFE that Jesus has for them. Furthermore, out of their lives will flow springs (rivers) of living water that will bring life and refreshing life to others.

***CORRELATED THOUGHTS AND SCRIPTURES.**

STOP AND BE STILL:

“Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah” (Psalms 4:4).

“Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth” (Psalms 46:10).

“But the LORD is in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20)

STOP TO MEDITATE:

“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success” (Joshua 1:8).

“Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all” (I Timothy 4:15).

STOP TO SEE:

“And the LORD said unto Moses, See, I have made thee a god to Pharaoh: and

Aaron thy brother shall be thy prophet” (Exodus 7:1).

“And the LORD said unto Joshua, See, I have given into thine hand Jericho, and the king thereof, and the mighty men of valour” (Joshua 6:2).

STOP TO REST: (The Sabbath was given for man to rest and be refreshed.)

“Remember the sabbath day, to keep it holy” (Exodus 20:8).

“It is a sign between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed” (Exodus 31:17).

“There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His. Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience” (Hebrews 4:9-11) NKJ

STOP TO PRAY:

“Seek the LORD, and his strength: seek his face evermore” (Psalms 105:4).

“And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. (Luke 11:9).