

Matthew 7:24

Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock.

How many times do we go to church and hear the message and think how great it was? Then we walk out and do nothing that we just heard? Or how many times have you read the bible then walked away and done the opposite of what you just read, or do none of it at all?

I know we all have at one time or another, and I think that one of our problems is that in this day and age, we have learned to rush through everything. We get what we need then we run off to the next thing, instead of taking the time and enjoying, or learning from things.

Pastor Skip Heitzig of Calvary Chapel Albuquerque said, “*One of the failures of Christians today is they don't linger long enough to 'behold the beauty of the Lord' (Psalm 27:4). We want to do it like a fast food restaurant: 'Yeah, I'll take a quick blessing with fries.'*”

Even in the Psalms you will read the word **Selah** 71 times, which is actually a musical term for pause, meaning to stop and pause or reflect on what you just heard being played. Or in the Psalms to stop and meditate or reflect on what you just read.

✠ **Psalm 3:4** *I cried to the LORD with my voice, and He heard me from His holy hill. Selah*

But not us, nooo...one worship song is over and we want the next one to come along, and we even call that worship. We don't stop long enough to even meditate on the words we are singing to our Lord, or even stopping and waiting for Him to respond.

I was in Subway standing in line to get a sandwich for lunch the other day, when two ladies walked in and stood in line behind me. One lady was talking a hundred miles an hour while she was looking at her phone, trying to get as much in as possible at one time, while doing something else. I never heard the other lady respond, because she didn't have a chance to.

Just like in our hurried up state, we don't **Selah** and wait for the Lord to respond to the Love we just poured out to Him in our worship or even our prayers. We pray and don't see an immediate answer, so we rush in and try to say it a different way instead of waiting (**Selah**) for the Lord to answer us.

In today's devotional verse, Jesus tells us to do two things, which would help explain why it's so important to **Selah**; did you catch them both?

Therefore whoever hears these sayings of Mine, and does them (underlined for emphasis)

Just like in church we are quick to ***hears these sayings of Mine*** yet we don't seem to do them (***does them***).

Or maybe it's the opposite, like my example of speed worship where we are quick to "do them" (***does them***) like sing out the song, that we don't stop to "hear them" (***hears these sayings of Mine***) listening to what we are singing to the Lord.

For me, this is something the Lord is really showing me, as I am a multi-tasker who needs to be doing and thinking a hundred things at one time.

I like how the Message bible puts these all-familiar verses that I think we all could use right now.

† **Matthew 11:28-30 (MSG)** *"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

You know, the world won't stop spinning or come to an end if you don't check Facebook, or your email, or your messages, or if you miss that program on TV. This weekend, tell the Lord that you want to Selah (Stop and rest) with Him and hear His voice. Then do it.

† **Psalm 4:2** *How long, O you sons of men, will you turn my glory to shame? How long will you love worthlessness and seek falsehood? Selah*

† **Psalm 24:10** *Who is this King of glory? The LORD of hosts, He is the King of glory. Selah*

† **Psalm 32:5** *I acknowledged my sin to You, and my iniquity I have not hidden. I said, "I will confess my transgressions to the LORD," And You forgave the iniquity of my sin. Selah*