

Stepping Back into Shalom

A Daily Field Guide

Spiraling right now? Try this.

Selah is a direction written into the Psalms: a signal to pause, breathe, and reflect. These steps do exactly that. When chaos is actively pulling you away from Shalom, these Selah Steps can help bring you back.

There are 5 steps. Work through each one out loud if you can.

The Selah Steps

5) Things you are grateful for.

Name them specifically. Rather than just saying "my family", say, "Ricky made me coffee this morning. This sweet dog curled up in my lap..."

4) People you love.

Picture their faces and say their names.

3) Things that are true about God.

Examples: He is faithful. He does not change. He is here.

2) Ways God has come through for you before.

This is Zikaron, the Hebrew practice of remembering God's past faithfulness.

1) One Verse.

Have a verse set aside. Say it slowly. Let it settle.

5-4-3-2-1 — These can take as little as two minutes and help you stop spiraling from the worry, stress, grief, and anxiety caused by chaos and step back into Shalom.

✂ Cut here for pocket card ✂

SELAH STEPS

- 5** Name five things you are grateful for. Specific.
- 4** Name four people you love. Picture their faces.
- 3** Name three things that are true about God.
- 2** Name two ways God has come through for you. (Zikaron)
- 1** Say one verse. Slowly.

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