



How often do you stop and hit the pause button?

- Take a few moments with me and read a Psalm, or more.
 - Find the *Selah Moment* in your day and reflect on the beauty hidden in His **Word**.
 - Journal your journey and write your own Psalm.
- Don't forget to accentuate your masterpiece with the ever appropriate, *Selah!*

Journal your Journey through the Psalms below.

