

# Pausing and Breathing

## Pausing

The Psalms often use the word “Selah” to insert a planned “pause” in the midst of worship. Scholars think it was used to encourage people to “consider” or contemplate what had been said. Pausing is a great tool to notice what God has said and allows the ideas to settle in our mind. There is fascinating brain science behind this ancient practice, showing how incredibly transformative it is.

## Breathing

The practice of taking some deep breaths in order to slow our response time helps shrink the reactive part of our brain. It aids us in connecting with God and others.

### *How to Do It?*

Breathe in for a count of three.  
Pause (selah) for a count of three.  
Breathe out for a count of three.  
Pause (selah) for a count of three.

## Spiritual Breathing

We combine the practices of listening to God and the intentional breathing to help us learn to listen to God’s voice and respond. When we breathe in, we simply stop to listen to God’s leading, and when we breathe out, we consider our response to Him.

Breathe in for a count of three- “We listen to God.”  
Pause (selah) for a count of three.  
Breathe out for a count of three- “How do I respond?”  
Pause (selah) for a count of three.