

# Take Another Step — In Faith

**David: Pause and Be Grateful**

**Another Step // Study Three**

Psalm 3:3-8 says,

“But you, Lord, are a shield around me,  
my glory, the One who lifts my head high.

I call out to the Lord,  
and he answers me from his holy mountain.     *Selah*

I lie down and sleep;  
I wake again, because the Lord sustains me.  
I will not fear though tens of thousands  
assail me on every side.”

The exact meaning of the word “selah” is unclear, but most scholars agree that it is an instruction, of some sort, to pause. It could be read as meaning, “pause and think about that.” As the Psalmist is declaring his gratitude for who God is and what he does, it seems that the words are deeply meaningful to him. He pauses to consider what he’s just said before moving on to the next reason for giving thanks. Sometimes in the busyness of life we can lose sight of all the good things that God has done. We need a “selah” moment to stop, pause, and remember answers to prayer or moments when God has shown His kindness to us.

*Discuss:*

- *Let this gathering of your connect group be a “selah” moment, a moment when you pause to thank God for everything He has done this year. You might want to put some worship music on in the background as you set aside time to share stories of God’s goodness this year.*
- *As you’ve taken steps of faith this year, how has God shown himself faithful to you? In what ways has God answered your prayers this year? Take turns sharing these with your group.*
- *What God-encounter moments have been significant for you this year? These may have been at Hillsong Conference, in a church service, during a time with a friend or in your own personal time of prayer.*
- *If someone in your group is facing a particularly difficult season or is struggling to identify answers to pray or moments of encounter, make sure that they feel heard and seen. Remember that we can be encouraged by the testimony of others as well as the testimony of scripture (like David in Psalm 3)!*

*Digging Deeper:*

- *Why not allow 5-10 minutes for everyone to sit in silence and reflect on God’s goodness (as well as acknowledging challenges) in the year thus far. Encourage each person to write out their own prayers of thanks to God (maybe in the format of a letter) and take turns sharing those with the group. Take another step in thanks and praise!*