

SELAH Devotional

Essentials 1: Fear the Lord

Scripture: *“They were terrified and asked each other, ‘Who is this? Even the wind and the waves obey him!’”* Mark 4:41

Stop

Pause for a moment. Imagine yourself in that little fishing boat on the Sea of Galilee. The wind howls, waves crash, and water fills the boat. Your heart races with fear. Then, in an instant, Jesus speaks: *“Quiet! Be still!”* and the storm obeys.

Exhale

Take a slow breath out. Release the worries and fears you’re carrying today. The disciples discovered that their real safety wasn’t in calmer circumstances but in the presence of Jesus. Let go of your storm for a moment and rest in His presence.

Look

Mark tells us the disciples moved from fearing the storm to fearing Jesus. The Greek phrase is *phobos megas*, “great fear.” This is the difference between **negative fear** (panic in the face of danger) and **positive fear** (astonished reverence before God). Throughout Scripture, the *fear of the Lord* is called “the beginning of wisdom” (Prov. 9:10). To live in the

fear of the Lord is to live in continual awe of His power, goodness, and love.

Ask

- Where in my life am I letting negative fear control me?
- What would it look like to replace that fear with reverent awe of Jesus?
- How can I grow in the “fear of the Lord” this week: through creation, Scripture, or worship?

Hear

Listen for the voice of Jesus saying to your soul: *“Shhh. Be still.”* Remember, the sound of the storm didn’t wake Him — but the cry of His disciples did. He hears you. He cares for you. And He is powerful enough to hush the storms you face.

Prayer Prompt:

“Lord Jesus, teach me to fear You more than I fear my circumstances. Replace my panic with reverence, my doubt with trust, and my trembling with awe. Quiet my heart today with Your peace. Amen.”

What does “Selah” mean?

Selah is a Hebrew word found in the Psalms that likely means “pause and reflect.”