

Meditation – Selah

Life can keep us busy from dawn to dusk, with many events capturing our time. We can move throughout a day, a work week and even a season blind to what may be happening right before us. Yet we can live in a new way, with a new perspective, capturing every moment in heart and mind, with strength and soul.

Stephanie read at least twenty phrases that Paul uses in his letter to the church in Rome that are virtually impossible to complete alone and he knows this. And if we are honest with ourselves, we know this too. We need something, someone greater than ourselves to move us in a way to truly live out these phrases... Love what is genuine- Contribute to the needs of others - Bless those who wrong you.

Once we acknowledge the love from our creator, redeemer and sustainer flowing within us and through us, then we have a choice to rapidly fly through this life OR take time to pause and reflect even if it is for a few seconds, which allows us to savor every good and gracious moment we receive with gratitude.

What I have noticed and appreciated about the love that holds Brian and Emily together is that of intentionality, integrity, and inspiring joy.

For them...Days begin and end together

Roles in the relationship are chosen
not based on traditions of the past,
but skills of the present and hope for the future.

Sharing the same interests such as swinging an iron or chasing an idea are not required, however loving each other through the hobbies and dreams make their relationship stronger.

Life is about treasuring the moments with friends by sharing a meal at a restaurant or sharing time on their special wedding day. And they embrace moments spent with family by carving out time to retell memories in a living room, celebrate birthdays for cousins and resting on a back porch together.

Preparations for this day has included a resounding hope that today is more than event on the calendar, more than a wedding at a beautiful venue. This day would be to experience love in a new way by taking a mental snapshot of all that is good and holy in two hearts joining as one.

There is a word written about 70 times in scripture with the intention not to be spoken but to be experienced. The word Selah means to pause and to reflect on the goodness of our God before moving forward in life.

Maybe this is the best way to live into the phrases that we hear from the Apostle Paul in Romans especially in marriage, not by just reading the words but by experiencing them...

To Hold fast to what is good looks like enjoying the beauty of creation, by casting a rod and resting in the boat together.

Love one another with mutual affection looks like sharing responsibilities on the normal days, and during the stressful seasons doing more for each other rather than less.

Extending hospitality looks like sharing the table with those you love and those you need to love.

Persevering in prayer is seeking strength together when everyone would understand if you fell apart

Weep with those who weep is a great model of empathy, where we leave the words aside, and offer a

listening ear and a crying heart instead.

Rejoice with those who rejoice is cheering loudly when your team wins the championships and on the years they don't cheering for them anyway.

Brian and Emily, you bring honor and value to all who are blessed to be in your presence. And on this special day, we gather to celebrate, support and to experience this great love being sealed together in marriage. As husband and wife, may the promises spoken be lived out in the years to come through experiences that reveal a deep truth of love that you have for one another. AMEN