

74 uses of Selah in Scriptures:

☐ [Psalm 3:2](#)

many are saying to me, “There is no help for you in God.” **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

☐ [Psalm 3:4](#)

I cry aloud to the Lord, and he answers me from his holy hill. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

☐ [Psalm 3:8](#)

Deliverance belongs to the Lord; may your blessing be on your people! **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

☐ [Psalm 4:2](#)

How long, you people, shall my honor suffer shame? How long will you love vain words, and seek after lies? **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

☐ [Psalm 4:4](#)

When you are disturbed, do not sin; ponder it on your beds, and be silent. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

☐ [Psalm 7:5](#)

then let the enemy pursue and overtake me, trample my life to the ground, and lay my soul in the dust. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

☐ [Psalm 9:16](#)

The Lord has made himself known, he has executed judgment; the wicked are snared in the work of their own hands. *Higgaion.* **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

☐ [Psalm 9:20](#)

Put them in fear, O Lord; let the nations know that they are only human. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

☐ [Psalm 20:3](#)

May he remember all your offerings, and regard with favor your burnt sacrifices. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

☐ [Psalm 21:2](#)

You have given him his heart’s desire, and have not withheld the request of his lips. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

☐ [Psalm 24:6](#)

Such is the company of those who seek him, who seek the face of the God of Jacob. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 24:10](#)

Who is this King of glory? The Lord of hosts, he is the King of glory. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 32:4](#)

For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 32:5](#)

Then I acknowledged my sin to you, and I did not hide my iniquity; I said, “I will confess my transgressions to the Lord,” and you forgave the guilt of my sin. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 32:7](#)

You are a hiding place for me; you preserve me from trouble; you surround me with glad cries of deliverance. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 39:5](#)

You have made my days a few handbreadths, and my lifetime is as nothing in your sight. Surely everyone stands as a mere breath. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 39:11](#)

“You chastise mortals in punishment for sin, consuming like a moth what is dear to them; surely everyone is a mere breath. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 44:8](#)

In God we have boasted continually, and we will give thanks to your name forever. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 46:3](#)

though its waters roar and foam, though the mountains tremble with its tumult. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 46:7](#)

The Lord of hosts is with us; the God of Jacob is our refuge. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 46:11](#)

The Lord of hosts is with us; the God of Jacob is our refuge. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 47:4](#)

He chose our heritage for us, the pride of Jacob whom he loves. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 48:8](#)

As we have heard, so have we seen in the city of the Lord of hosts, in the city of our God, which God establishes forever. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 49:13](#)

Such is the fate of the foolhardy, the end of those who are pleased with their lot. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 49:15](#)

But God will ransom my soul from the power of Sheol, for he will receive me. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 50:6](#)

The heavens declare his righteousness, for God himself is judge. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 52:3](#)

You love evil more than good, and lying more than speaking the truth. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 52:5](#)

But God will break you down forever; he will snatch and tear you from your tent; he will uproot you from the land of the living. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 54:3](#)

For the insolent have risen against me, the ruthless seek my life; they do not set God before them. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 55:7](#)

truly, I would flee far away; I would lodge in the wilderness; **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 55:19](#)

God, who is enthroned from of old, **Selah** will hear, and will humble them— because they do not change, and do not fear God.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 57:3](#)

He will send from heaven and save me, he will put to shame those who trample on me. **Selah** God will send forth his steadfast love and his faithfulness.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 57:6](#)

They set a net for my steps; my soul was bowed down. They dug a pit in my path, but they have fallen into it themselves. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 59:5](#)

You, Lord God of hosts, are God of Israel. Awake to punish all the nations; spare none of those who treacherously plot evil. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 59:13](#)

consume them in wrath; consume them until they are no more. Then it will be known to the ends of the earth that God rules over Jacob. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 60:4](#)

You have set up a banner for those who fear you, to rally to it out of bowshot. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 61:4](#)

Let me abide in your tent forever, find refuge under the shelter of your wings. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 62:4](#)

Their only plan is to bring down a person of prominence. They take pleasure in falsehood; they bless with their mouths, but inwardly they curse. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 62:8](#)

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 66:4](#)

All the earth worships you; they sing praises to you, sing praises to your name.” **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 66:7](#)

who rules by his might forever, whose eyes keep watch on the nations— let the rebellious not exalt themselves. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 66:15](#)

I will offer to you burnt offerings of fatlings, with the smoke of the sacrifice of rams; I will make an offering of bulls and goats. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 67:1](#)

Psalm 67

The Nations Called to Praise God

To the leader: with stringed instruments. A Psalm. A Song.

May God be gracious to us and bless us and make his face to shine upon us, *Selah*

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 67:4](#)

Let the nations be glad and sing for joy, for you judge the peoples with equity and guide the nations upon earth. *Selah*

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 68:7](#)

O God, when you went out before your people, when you marched through the wilderness, *Selah*

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 68:19](#)

Blessed be the Lord, who daily bears us up; God is our salvation. *Selah*

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 68:32](#)

Sing to God, O kingdoms of the earth; sing praises to the Lord, *Selah*

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 75:3](#)

When the earth totters, with all its inhabitants, it is I who keep its pillars steady. *Selah*

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 76:3](#)

There he broke the flashing arrows, the shield, the sword, and the weapons of war. *Selah*

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 76:9](#)

when God rose up to establish judgment, to save all the oppressed of the earth. *Selah*

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 77:3](#)

I think of God, and I moan; I meditate, and my spirit faints. *Selah*

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 77:9](#)

Has God forgotten to be gracious? Has he in anger shut up his compassion?" *Selah*

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 77:15](#)

With your strong arm you redeemed your people, the descendants of Jacob and Joseph. *Selah*

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 81:7](#)

In distress you called, and I rescued you; I answered you in the secret place of thunder; I tested you at the waters of Meribah. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 82:2](#)

“How long will you judge unjustly and show partiality to the wicked? **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 83:8](#)

Assyria also has joined them; they are the strong arm of the children of Lot. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 84:4](#)

Happy are those who live in your house, ever singing your praise. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 84:8](#)

O Lord God of hosts, hear my prayer; give ear, O God of Jacob! **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 85:2](#)

You forgave the iniquity of your people; you pardoned all their sin. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 87:3](#)

Glorious things are spoken of you, O city of God. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 87:6](#)

The Lord records, as he registers the peoples, “This one was born there.” **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 88:7](#)

Your wrath lies heavy upon me, and you overwhelm me with all your waves. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 88:10](#)

Do you work wonders for the dead? Do the shades rise up to praise you? **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 89:4](#)

‘I will establish your descendants forever, and build your throne for all generations.’” **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 89:37](#)

It shall be established forever like the moon, an enduring witness in the skies.” **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 89:45](#)

You have cut short the days of his youth; you have covered him with shame. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 89:48](#)

Who can live and never see death? Who can escape the power of Sheol? **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 140:3](#)

They make their tongue sharp as a snake's, and under their lips is the venom of vipers. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 140:5](#)

The arrogant have hidden a trap for me, and with cords they have spread a net, along the road they have set snares for me. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 140:8](#)

Do not grant, O Lord, the desires of the wicked; do not further their evil plot. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Psalm 143:6](#)

I stretch out my hands to you; my soul thirsts for you like a parched land. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Habakkuk 3:3](#)

God came from Teman, the Holy One from Mount Paran. **Selah** His glory covered the heavens, and the earth was full of his praise.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Habakkuk 3:9](#)

You brandished your naked bow, sated were the arrows at your command. **Selah** You split the earth with rivers.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

□ [Habakkuk 3:13](#)

You came forth to save your people, to save your anointed. You crushed the head of the wicked house, laying it bare from foundation to roof. **Selah**

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Lauryn Hill's song: Selah <https://www.youtube.com/watch?v=9LBAbWdBWtA>