

Seelah '25



THE SOUND OF STILLNESS
31-DAY CHURCH WIDE FAST

Dear Star Family,

Peace and blessings to each of you. This August, we are starting a special journey together called *Selah: The Sound of Stillness*. For 31 days, we will slow down and make more room for God. The word *Selah* is found in the book of Psalms. It's a Hebrew word that means "pause and think." In the Psalms, "*Selah*" is a pause in the music—a moment to reflect and allow God's truth to sink in.

In 1 Kings 19, the prophet Elijah was tired and overwhelmed. But God didn't speak to him through loud wind, fire, or earthquake. God came in a gentle whisper (1 Kings 19:12). That whisper still speaks today—but we must be still enough to hear it.

During this fast, I invite you to choose one of two things to give up:

- Social media, or
- Watching TV
- Mobile Phone Games

Studies indicate that most people spend over 7 hours a day looking at screens. What if we used some of that time to look toward God, listen for His voice, and spend quiet time in prayer and Scripture?

Each day in this devotional guide gives you:

- A Scripture to read
- A short Devotional to reflect on
- A Prayer Prompt to focus your heart
- A *Selah* Activity to help you practice stillness and rest

This fast is not just about what we stop—it's about what we start. It's a time to rest, to reset, and to reconnect with God. The same God who worked for six days also rested on the seventh (Genesis 2:2–3). If God made time to pause, so can we. Let's walk through these 31 days together—expecting peace, clarity, and renewal.

Selah,


Pastor SJ

SUMMARY

In 1 Kings 19, the prophet Elijah was tired, afraid, and ready to give up. God didn't speak through loud wind or fire—but through a gentle whisper. Like Elijah, we often miss God's voice because we're too busy to hear it. Selah helps us slow down so we can tune in.

THIS JOURNEY IS NOT JUST ABOUT PERSONAL REST—IT'S ABOUT BEING REFRESHED TO ENGAGE IN COMMUNION, EXPRESS CARE, AND CONTRIBUTE TO OUR COMMUNITY.

We pause not just to feel better—but so we can love better, serve stronger, and show up for our church and our neighbors with a full heart.



Selah '25

The Sound of Stillness

FASTING OPTIONS

- **Denial Fast** –Refrain from engaging in recreational activities connected to the following:
 - Social media, or
 - Television & Streaming channels
 - Games on your phone

FAST ACTIVITIES & SCHEDULE

- **31 Days: August 1 - 31**
 - Read this devotional daily.
 - Participate in the daily Selah activity.
 - Spend time in Prayer and quiet meditation

COMMITMENTS DURING THE FAST

- **Sow a Seed:** As an act of faith and sacrifice, contribute \$31 in honor of the fast.
- **Prayer Focus:** Pray for those who serve and work in ministry at Star to be refreshed, gain clarity, and discernment as our ministries are in a season of transition.

AUG 1-7: THE SACRED PAUSE

SLOWING DOWN & DETOXING FROM DISTRACTION

FRI. AUG 1 - BE STILL AND KNOW

Scripture: Psalm 46:10

The first day of the fast is not about proving anything; it's about pausing. When we fast from noise and scrolling, we become aware of how much we've filled the silence with stimulation. Today, just be. Let the ache of disconnection reveal how desperately we need reconnection with God, and with ourselves.

Prayer Prompt: Lord, I'm tired of the noise. Teach me how to be still again.

Selah Activity: Set a timer for 5 minutes. Sit in silence. Breathe deeply. Listen.

SAT. AUG 2 - DIVINE TIME MANAGEMENT

Scripture: Ecclesiastes 3:1

We live in a hurry, but God moves in rhythm. Sabbath is not just rest, it's a holy interruption. It reminds us we're not machines. It teaches us that time is a gift, not a god. Today, start tracking where your time actually goes and where it should go instead.

Prayer Prompt: God, help me to number my days and manage my minutes.

Selah Activity: Block 15 minutes on your calendar today for a "God meeting."

SUN. AUG 3 - GOD RESTED, SO CAN YOU

Scripture: Genesis 2:2

If the omnipotent Creator of the universe made time to rest, so must we. Sabbath is not weakness; it's wisdom. It's not laziness, it's leadership. We don't rest because we're done—we rest because we trust.

Prayer Prompt: God of creation, teach me to rest as a declaration of my faith.

Selah Activity: Plan your Sabbath day this week. Make it sacred.

SLOWING DOWN & DETOXING FROM DISTRACTION

MON. AUG 4 - WHEN THE WORLD IS TOO LOUD

Scripture: 1 Kings 19:11–13

Elijah was exhausted, overwhelmed, and ready to quit. But God didn't rebuke him. He gave him rest, food, and silence. Then came the whisper. Don't miss this: God didn't shout Elijah back to life. He whispered. You can't hear a whisper unless you stop moving.

Prayer Prompt: Lord, help me recognize Your voice above the earthquake, wind, and fire.

Selah Activity: Turn off your phone for 1 hour. Journal what silence stirs in you.

TUE. AUG 5 -THE MINISTRY OF “NO”

Scripture: Matthew 5:37

Many of us are burned out because we've said yes to things that God never intended for us. The word “No” is a holy word. It creates margin for what matters most. Let your “no” be an act of worship today.

Prayer Prompt: God, help me protect my time and guard my peace.

Selah Activity: Say “No” to one unnecessary obligation today.

WED. AUG 6 - THE GOD WHO SEES YOUR EXHAUSTION

Scripture: Matthew 11:28

Devotional: Jesus never rebukes the weary. He invites them closer. If you're worn thin, it's not because you've failed; it's because you've carried too much alone. Come. Collapse if you must. But come.

Prayer Prompt: Jesus, I'm tired. Carry what I can't anymore.

Selah Activity: Take a nap. Rest without apology.

SLOWING DOWN & DETOXING FROM DISTRACTION

THUR. AUG 7 - THE RHYTHM OF GRACE

Scripture: Mark 6:31

Devotional: Even Jesus rested. Even Jesus unplugged. Your soul was not made for nonstop output. Grace has a rhythm, and it's not rushed. It's rest. Let your life move at the pace of peace.

Prayer Prompt: Lord, bring my life into rhythm with Your grace.

Selah Activity: Take a slow walk. Let nature preach to your soul.

AUG 8-14: THE GIFT OF LIMITS

BOUNDARIES, RHYTHMS, & SAYING ENOUGH

FRI. AUG 8 - GOD HAS LIMITS TOO

Scripture: Job 38:11

Devotional: Even the oceans obey boundaries. Why don't we? We burn out not because we're busy, but because we've forgotten we're human. God placed limits not to punish us but to protect us. You are not limitless. Only God is.

Prayer Prompt: Lord, help me embrace my limits as Your love in disguise.

Selah Activity: List 3 areas where you need to set clearer boundaries.

SAT. AUG 9 - THE DISCIPLINE OF DISCONNECTION

Scripture: Luke 5:16

Devotional: Jesus healed multitudes. But he also disappeared. Even the Savior said, "Not today." Disconnection is not abandonment, it's restoration. Sometimes the most spiritual thing you can do is turn your phone off and sit in the quiet.

Prayer Prompt: Jesus, give me the courage to withdraw and reset.

Selah Activity: Go 3 hours without any screens. Reflect on how it feels.

BOUNDARIES, RHYTHMS AND SAYING “ENOUGH”

SUN. AUG 10 - THE GOD WHO MADE SABBATH A COMMAND

Scripture: Exodus 20:8

Devotional: Sabbath is not a suggestion, it's a commandment. Right alongside “Do not kill” and “Do not steal” is “Stop working.” To ignore the Sabbath is to say you trust your strength more than God's sufficiency.

Prayer Prompt: God of rest, forgive me for ignoring Your rhythm. Teach me to honor Your command.

Selah Activity: Unplug for a full 24 hours this weekend. Journal how your spirit responds.

MON. AUG 11 - WHEN THE WORD “NO” HEALS YOU

Scripture: Proverbs 4:23

Devotional: You don't need to be everyone's savior. You are not called to be constantly available. Your heart is sacred real estate. Guard it. Say “no” today, not as rejection, but as protection.

Prayer Prompt: Holy Spirit, teach me the ministry of boundaries.

Selah Activity: Say “no” to something today that you know drains you.

TUE. AUG 12 - MEETING WITH GOD MIDDAY

Scripture: Psalm 55:17

Devotional: Most of us only pray in crisis. But a daily office set times to meet with God reorients the heart. Don't wait until you're empty to find Him. Make an appointment with God and don't cancel it.

Prayer Prompt: Lord, help me make space to meet with You in the middle of the day.

Selah Activity: Set 3 alarms today, morning, midday, and evening. Each time, stop and say a one-sentence prayer.

BOUNDARIES, RHYTHMS AND SAYING “ENOUGH”

WED. AUG 13 - DON'T LET THE DAY DERAIL YOU

Scripture: Isaiah 50:4

Devotional: Your day doesn't belong to your inbox, to your family drama, or to your last-minute crisis. Your day belongs to the Lord. Start your day with divine direction, not digital distraction.

Prayer Prompt: Lord, align my agenda with Your purpose.

Selah Activity: Before checking email or text, pray: Lord, this day is Yours.'

THUR. AUG 14 - YOUR DAY IS SACRED

Scripture: Psalm 118:24

Devotional: Time is holy ground. We often sacrifice the sacred on the altar of the urgent. But each day God gives is a gift, not a trap. Your to-do list is not a measure of your worth. Your calendar is not your calling.

Prayer Prompt: Lord, show me how to live this day and not just survive it.

Selah Activity: Before starting your day, breathe deeply and say, "This is God's day.

AUG 15-21: THE BURNOUT DETOX

CONFRONTING EXHAUSTION, RESTORING INTIMACY WITH GOD

FRI. AUG 15 -WHEN YOU'RE RUNNING ON EMPTY

Scripture: Galatians 6:9

Devotional: Weariness is not weakness; it's a warning sign. Even when you're doing good things, you can still be running on empty. Ministry, caregiving, parenting, and leadership all come at a cost. But you were never meant to pour endlessly without pausing to be poured into. If you're running on fumes, let today be the day you refill.

Prayer Prompt: God, fill me where I've been running on empty.

Selah Activity: Light a candle and sit in silence for 7 minutes. Let God pour into you.

SAT. AUG 16 - BURNOUT AND BITTERNESS

Scripture: Hebrews 12:15

Devotional: Burnout doesn't just make you tired. It makes you irritable, angry, easily offended. You snap quicker. You isolate easier. Bitterness is a sign you've been burning without boundaries. Let God uproot what's festering.

Prayer Prompt: Lord, heal me from the silent bitterness I've been carrying.

Selah Activity: Write down what's been irritating you lately. Lay it before God.

SUN. AUG 17- WHEN PRAYER FEELS HARDS

Scripture: Romans 8:26

Devotional: Burnout numbs your prayer life. It's not that you don't love God, it's that you're too exhausted to talk. But hear this: God receives sighs as sacred. Groans as grace. Let your silence be your sanctuary today.

Prayer Prompt: Holy Spirit, pray for me when I don't have the words.

Selah Activity: Sit in silence. Say only one sentence: "Lord, I'm here."

CONFRONTING EXHAUSTION, RESTORING INTIMACY WITH GOD

MON. AUG 18 -YOU ARE NOT YOUR PRODUCTIVITY

Scripture: Luke 10:41-42

Devotional: Jesus didn't rebuke Martha for working but for thinking her work defined her worth. Many of us are addicted to productivity. We feel guilty when we rest. But your identity is not in your output, it's in your obedience.

Prayer Prompt: Jesus, help me believe I'm loved even when I'm not producing.

Selah Activity: Spend 20 minutes doing something unproductive and guilt-free.

TUE. AUG 19 - FATIGUE MAKES YOU FORGET

Scripture: Deuteronomy 8:2

Devotional: Exhaustion is spiritual amnesia. You forget how God made a way last time. You forget who you are. Rest is where God restores your memory. Remember. Rehearse. Rest.

Prayer Prompt: Lord, remind me of the miracles I've forgotten.

Selah Activity: Write a "gratitude memory" And list 5 times God made a way..

WED. AUG 20 - RELEASING THE SAVIOR COMPLEX

Scripture: Psalm 127:2

Devotional: You are not the Savior; Jesus is. We lose sleep trying to solve problems that aren't ours to carry. But sleep is a sign of trust. Rest like it's a declaration: "God's got it."

Prayer Prompt: God, help me to sleep and surrender.

Selah Activity: Go to bed early tonight. No screens. No anxiety rehearsals.

CONFRONTING EXHAUSTION, RESTORING INTIMACY WITH GOD

THUR. AUG 21 - WHEN REST BECOMES RESISTANCE

Scripture: Exodus 5:5

Devotional: Pharaoh was angry because Moses made the people rest. Why? Because rest is resistance to every system that tries to make you a slave. Your sabbath is a protest. Refuse to be owned by anything but God.

Prayer Prompt: Liberating God, I choose rest as resistance.

Selah Activity: Turn off all devices. Do something that restores your joy.

AUG 22-28: THE WHISPER OF GOD

SILENCE, SENSITIVITY AND SPIRITUAL DISCERNMENT

FRI. AUG 22 - THE STILL, SMALL VOICE

Scripture: 1 Kings 19:12

Devotional: God isn't always loud. Sometimes, he whispers. That's why silence is not emptiness, it's invitation. Turn down the noise. He's speaking, but you have to lean in to hear.

Prayer Prompt: God, help me tune in to the subtle ways You speak.

Selah Activity: Spend 5 minutes in silence. Ask: "God, what are you saying today?"

SAT. AUG 23 - A HEART THAT LISTENS

Scripture: Proverbs 3:6

Devotional: God speaks not just in church, but also in your choices, schedule, and daily steps. The question isn't whether God is speaking? The question is, are we listening?

Prayer Prompt: God, make me sensitive to Your voice—even in the most mundane moments.

Selah Practice: Pause before each major task today. Whisper, Guide me, Lord."

SILENCE, SENSITIVITY AND SPIRITUAL DISCERNMENT

SUN. AUG 24 - DIVINE INTERRUPTIONS

Scripture: Acts 16:6

Devotional: Not every closed door is a denial; some are divine redirection. When you're moving too fast, you see delays as problems instead of protection. What if today's inconvenience is God intervening?

Prayer Prompt: Lord, help me not fight the detour. Help me discern it.

Selah Activity: Turn off all devices. Do something that restores your joy.

MON. AUG 25 - DREAMS ARE ALSO DIVINE

Scripture: Job 33:14–15

Devotional: We've become so logical, we've lost the language of dreams. But the Bible is full of nighttime whispers. God may be speaking in your sleep. What did you dream about last night?

Prayer Prompt: Speak, Lord, even in the stillness of sleep.

Selah Activity: Keep a notebook by your bed. Write down your dreams for 3 nights.

TUE. AUG 26 - DON'T SCROLL, SEEK

Scripture: Matthew 6:33

Devotional: We seek distraction more than direction. The scroll has become our sanctuary. But what if we sought God the way we seek updates? Replace your feed with His Word.

Prayer Prompt: God, help me seek You first, before I look at my phone, and before the noise.

Selah Activity: The first thing to do when you wake is to pray before picking up your phone.

SILENCE, SENSITIVITY AND SPIRITUAL DISCERNMENT

WED. AUG 27 - CLARITY COMES IN QUIET

Scripture: Habakkuk 2:1

Devotional: God gives vision in silence. Some of your confusion isn't from chaos, it's from clutter. Clear the noise. Clean your soul. Watch what clarity comes.

Prayer Prompt: God, speak vision over my life. I'm watching. I'm waiting.

Selah Activity: Spend 10 minutes writing what you feel God is showing you.

THUR. AUG 28 - LET GOD WHISPER TO YOUR WOUNDS

Scripture: Psalm 147:3

Devotional: Some wounds need silence to come to the surface. We've been so busy, we've buried our grief. But in stillness, God whispers healing into what we've tried to hide. Let Him touch what still hurts.

Prayer Prompt: Lord, I surrender my hidden pain to You. Whisper healing.

Selah Activity: Name one wound you haven't shared. Pray over it today.

AUG 29-31: LIVING IN RYHTHM

SUSTAINABLE REST, SACRED PATTERNS, POST-FAST PLANNING

FRI. AUG 29 - DREAMS ARE ALSO DIVINE

Scripture: Psalm 116:7

Devotional: You made it. And maybe more importantly, you slowed down. You met God not in noise but in the hush. Testify not just with your mouth, but with your new rhythm. Let your life say: I trust God enough to rest.

Prayer Prompt: Lord, thank You for meeting me in stillness. Selah.

Selah Activity: Write a testimony.

SUSTAINABLE REST, SACRED PATTERNS, POST-FAST PLANNING

SAT. AUG 30 - DON'T LOOSE STILLNESS

Scripture: Philippians 4:9

Devotional: You've learned new habits. Gained new rhythms. Tasted peace. Don't lose it. Selah isn't for August only; it's for your soul's survival. Let Selah become a soundtrack, not just a season.

Prayer Prompt: God, give me the grace to practice stillness even after the fast.

Selah Activity: Pick 1 digital boundary to keep. Write it down.

SUN. AUG 31 - REST IS A LIFESTYLE

Scripture: Isaiah 30:15

Devotional: Sabbath is not a day off, but it's a way of life. Don't let this fast end and go back to frenzy. Return and rest. Daily. Weekly. Intentionally.

Prayer Prompt: God, help me to carry this sabbath rhythm forward.

Selah Activity: Design Your Weekly Rhythm for Rest. Where will your Sabbath live?

WHAT DID THIS FAST TEACH YOU?



LET'S GLOW

TOGETHER