SELAH

Long of Nose

Fruit Full · Week 5 · October 5–9, 2026

On Sunday we heard God describe himself to Moses as “slow to anger,” which in Hebrew is literally “long of nose.” This week, five quiet times on how God treats you, and how that changes the way you treat people.

MONDAY
NOT REPAID.

TUESDAY
NOT DESERTED.

WEDNESDAY
SAVED BY HIS KINDNESS.

THURSDAY
STILL BEING FINISHED.

FRIDAY
DEARLY LOVED CHILDREN.

Each day takes about fifteen minutes. You'll be invited to write things down along the way. A notebook or the notes app on your phone both work.

NW Hills
CHRISTIAN CHURCH

MONDAY

NOT REPAID.

(Write your answers down)

STOP

Monday has a way of arriving all at once. The inbox, the calendar, the list you started building in your head before you got out of bed. For the next few minutes, none of that needs you. Nothing is going to fall apart while you sit here. It's okay to stop.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Before you read anything, just breathe. You don't have to make anything happen or feel anything in particular. Breathe in slowly, and let it out a little slower than it came in. If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, “You do not treat me...”

As you exhale, pray, “...as my sins deserve.”

LOOK

On Sunday we heard David quote Exodus 34 in Psalm 103, and then say that God "does not treat us as our sins deserve." The two lines that come right after it are some of the most generous in the whole Bible. David wrote them as a song, so take them the way you would listen to a song you love. Read through them slowly two times before moving on.

> *The LORD is compassionate and gracious,*
> *slow to anger, abounding in love.*
> *He will not always accuse,*
> *nor will he harbor his anger forever;*
> *he does not treat us as our sins deserve*
> *or repay us according to our iniquities.*
> *For as high as the heavens are above the earth,*
> *so great is his love for those who fear him;*
> *as far as the east is from the west,*
> *so far has he removed our transgressions from us.*
>
> Psalm 103:8–12 NIV

ASK

God does not treat you as your sins deserve. He has taken your sins as far from you as the east is from the west.

One thing this psalm is not saying: it is not saying that the hard things you have been through were what you deserved, and God simply went easy on you. David is talking about sin and forgiveness, not handing out an explanation for your pain. If you are carrying something that was not your fault, this psalm is not pointing at you. It is holding you.

- What is the difference between being "repaid" and being forgiven? Which one do you usually expect from God?
- David reaches for distances no one can measure: the height of the sky, the span from east to west. Why do you think he needed pictures that big?
- Think of a time you were not treated as you deserved, by God or by someone else. What happened, and what did it do in you?

- Is there something you still act as if God is keeping on file?

Write a one-sentence prayer thanking God for something he has removed from you.

Or, if you struggle to believe he has really let it go, write a short prayer asking him to show you how far away he has put it.

HEAR

If sitting in silence feels strange, that's okay. Most of us go whole days without five quiet minutes. On a Monday, the biggest obstacle is the urge to get up and get going. Stay a little longer than feels comfortable, and pray, “Here I am, Lord. I'm listening.” Then wait.

Whatever comes to mind, write it down.

TUESDAY

NOT DESERTED.

(Write your answers down)

STOP

A lot has happened since this time yesterday. Maybe Monday went the way you hoped, and maybe it didn't. Either way, you came back. Before anything else, take an honest look at where you are.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Breathing is one of the few things you do all day without trying. Your body keeps at it whether you notice or not, a little like the way God keeps sustaining you whether you notice or not. For the next couple of minutes, notice. If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, “Lord, you stay with me...”

As you exhale, pray, “...even when I wander.”

LOOK

This passage is a prayer Israel prayed after coming home from exile, looking back over its whole history. It is a people telling the truth about themselves, and about God, in the same breath. Listen for a line you heard on Sunday. Read through it slowly two times before moving on.

They refused to listen and failed to remember the miracles you performed among them. They became stiff-necked and in their rebellion appointed a leader in order to return to their slavery. But you are a forgiving God, gracious and compassionate, slow to anger and abounding in love. Therefore you did not desert them, even when they cast for themselves an image of a calf and said, 'This is your god, who brought you up out of Egypt,' or when they committed awful blasphemies.

Because of your great compassion you did not abandon them in the wilderness. By day the pillar of cloud did not fail to guide them on their path, nor the pillar of fire by night to shine on the way they were to take.

Nehemiah 9:17–19 NIV

ASK

God did not desert his people, even at the golden calf. He kept guiding them, by day and by night, all the way through the wilderness.

- Did you catch the line from Sunday? "Gracious and compassionate, slow to anger and abounding in love." Israel prayed God's own description back to him while confessing its worst moments. Why do you think they put those two things side by side?
- Notice the word "therefore" in verse 17. Israel did not earn God staying. What reason does the prayer give for why he stayed?
- "By day the pillar of cloud did not fail to guide them." Where have you seen God keep showing up for you in a season when you were drifting from him?
- Israel told this story on itself so it would never forget. What part of your own story do you need to remember honestly, so you don't forget how patient God has been with you?

Write a prayer telling God about a time you wandered, and thanking him for staying.

Or, if you feel like you are still in the wilderness and can't see the cloud right now, write a short prayer asking God to show you one sign that he hasn't left.

HEAR

Listening to God can feel like talking into an empty room. That's one of the most common obstacles: we assume silence means absence. Israel's wilderness generation learned otherwise. Pray, “You haven't left. Help me notice you.” Then sit quietly for a few minutes.

Whatever comes to mind, write it down.

WEDNESDAY

SAVED BY HIS KINDNESS.

(Write your answers down)

STOP

You are halfway through the week, and by Wednesday most of us are running on whatever's left. If you're tired, you don't have to pretend you're not. God isn't waiting for you to show up rested. It's okay to stop.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Try this today. As you breathe in, think of it as receiving something you didn't make. As you breathe out, let go of the need to earn it. Grace works a lot like air. If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, “Your kindness came for me...”

As you exhale, pray, “...before I was good.”

LOOK

Paul wrote these words to Titus, a young leader helping new churches on the island of Crete. He wanted the believers there to remember where they had come from, and who had come for them. The word “kindness” here is the same word Paul uses for kindness in Galatians 5:22. Read through it slowly two times before moving on.

At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit.

Titus 3:3–5 NIV

ASK

God's kindness came for you before you had anything to offer. He saved you because of his mercy, not because of the good things you had done.

Verse 3 is a hard list to read. If some of it describes where you are right now, don't stop there. Paul wrote it in the past tense: “At one time.” It is the list of what God rescues people out of, and the very next verse begins with “But.”

- Paul says “we too.” He puts himself on the list. Why do you think that matters?
- What changes everything in verse 4? Notice who does the acting.
- On Sunday we heard Jesus say that God “is kind to the ungrateful and wicked.” Where do you see that same story in these verses?
- Who in your life is still living in verse 3? How might God's kindness, through you, be part of their verse 4?

Write a one-sentence prayer thanking God for the moment his kindness “appeared” in your life.

Or, if you can't name that moment yet, write a short prayer asking God to show you his kindness.

HEAR

In the middle of the week, it's easy to rush this part to get to what's next. Resist that today. Remember Monday: God is slow to anger and abounding in love. He is patient enough to wait for you to listen. Pray, “Speak, Lord. I'm not in a hurry.”

Whatever comes to mind, write it down.

THURSDAY

STILL BEING FINISHED.

(Write your answers down)

STOP

You may be getting the hang of this by now, and that's good. But a routine can also turn into a rut, where you go through the motions and miss the point. So slow down today and be intentional. It's okay to stop.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Each breath is a small reminder that you are alive today, and that God is still at work in you today. You don't have to finish anything right now. Just breathe. If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, "God who began a good work..."

As you exhale, pray, "...keep forming Jesus in me."

LOOK

Paul wrote this letter from prison to a church he loved. Even in chains, he was confident about one thing: God finishes what he starts. On Sunday we heard about Barnabas, a good man full of the Holy Spirit who still got pulled off course, and we said none of us are finished growing. This is the promise underneath that. Read through it slowly two times before moving on.

I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Philippians 1:3–6 NIV

ASK

God started something good in you, and he will keep working on it until the day of Christ Jesus. You are not finished, and he is not finished with you.

If you have followed Jesus a long time and still lose your temper, or if your patience is thin because you are carrying grief, pain, or depression, that is not proof the Spirit has given up on you. Slow growth is still growth. And getting help along the way is not a lack of faith.

- Paul is confident, but notice where his confidence rests. Who is doing the work in verse 6?
- Where can you see that God has already changed you, even a little, compared with a few years ago?
- Where do you feel most unfinished right now? What would it look like to be as patient with yourself there as God is?
- Paul thanks God for people who are still a work in progress. Who in your life needs that kind of patience from you?

Write a prayer asking God to keep forming the character of Jesus in one specific area of your life.

Or, if you feel stuck and can't see any progress, write a short prayer telling God that honestly, and asking him to remind you he is still at work.

HEAR

One thing that blocks listening is the quiet suspicion that God is disappointed in you. He isn't standing over you, tapping his foot. He began this work in you because he wanted to, and he is glad to keep going. Pray, “You're still working on me. Show me where.”

Whatever comes to mind, write it down.

FRIDAY

DEARLY LOVED CHILDREN.

(Write your answers down)

STOP

It's the end of the week. Before the weekend takes over, look back. You've spent four days hearing how God treats you: not repaid, not deserted, saved by his kindness, still being finished. Today is about what that does to the way you treat people. It's okay to stop.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Children pick up the way their parents laugh, talk, and carry themselves long before they know they're doing it. Today, breathe slowly and simply let your Father's love settle on you. If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, “Father, you love me dearly...”

As you exhale, pray, “...make me look like you.”

LOOK

On Sunday we heard Jesus say, “Be merciful, just as your Father is merciful.” Paul says the same thing to the church in Ephesus. These verses come right after a list of the things that tear people apart: bitterness, rage, slander, malice. Read through them slowly two times before moving on.

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Ephesians 4:32–5:2 NIV

ASK

You are God's dearly loved child. He forgave you in Christ, and now he invites you to treat people the way he has treated you.

A word before the questions. Being kind and forgiving does not mean staying where someone is hurting you, or doing whatever someone demands. Forgiving someone is not the same as going back to someone unsafe. And just a few verses earlier, Paul writes, “In your anger do not sin.” Anger at real wrong is not the problem. Bitterness that settles in and starts running your life is. If someone is hurting you, the kindest thing you can do may be to get safe and tell someone you trust.

- Paul says, “just as in Christ God forgave you.” How does remembering how you have been forgiven change the way you see someone who has wronged you?
- Paul calls them “dearly loved children” before he tells them to follow God's example. Why do you think the order matters?
- Think of the person who came to mind on Sunday, someone who has been getting what they deserve from you. What is one specific way you can be kind or compassionate to them this weekend?
- If people watched how you treated others this week, what would they guess about your Father?

Write a prayer asking God to help you treat that one person the way he treats you.

Or, if forgiveness feels impossible right now, write a short prayer telling God that honestly, and asking him to start with your heart.

HEAR

Five days in, you've practiced stopping, breathing, reading, and listening. This doesn't have to end today. You can carry it into next week, and the one after that. Before you go, ask one more time, “Father, what do you want me to know?” Then be quiet for a while.

Whatever comes to mind, write it down.