SELAH

Contagious

From This Day On · Week 3
November 23–27, 2026

MONDAY
TOUCHED

TUESDAY
SOUGHT OUT

WEDNESDAY
MADE CLEAN

THURSDAY
BLESSED FIRST

FRIDAY
SENT

Each day you'll write a few things down. A notebook works, and so does the notes app on your phone.

NWHills
CHRISTIAN CHURCH

MONDAY

TOUCHED.

STOP

It's Monday of Thanksgiving week. There's a grocery list, maybe a drive ahead, maybe a house to get ready. If you've used these pages before, welcome back. If this is your first time, you haven't missed anything. For the next few minutes, the list can wait. 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

In today's reading, Jesus reaches out his hand before the man is well. You don't have to get anywhere this morning. Let your breathing slow you down long enough to be reached. 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, "Jesus, you are willing…"

As you exhale, pray, "…and you reach for me."

LOOK

On Sunday we learned that in the Old Testament, uncleanness spread by touch. Holy things didn't rub off on people, but what death left on a person did. So watch closely what Jesus does with his hand. Read these verses slowly two times before moving on.

> [40] *A man with leprosy came to him and begged him on his knees, "If you are willing, you can make me clean."* [41] *Jesus was indignant. He reached out his hand and touched the man. "I am willing," he said. "Be clean!"* [42] *Immediately the leprosy left him and he was cleansed.*

Mark 1:40–42 NIV

ASK

Jesus is willing. The man didn't ask to be made well. He asked to be made clean, and Jesus touched him while he still had the disease. By every rule the man knew, Jesus should have walked away unclean. The man walked away clean.

A word about "indignant." Your Bible may have a footnote saying many old copies of Mark read "filled with compassion." Both are true of Jesus. Pastor Justin said it Sunday: "He isn't angry at the man. He's angry at the thing that's eating this man alive."

And unclean never meant dirty, and it never meant sin. If you're sick or grieving today, nobody is calling you dirty. God isn't, either.

- The man says, "If you are willing." When you bring something to Jesus, are you more likely to wonder whether he can, or whether he wants to?
- Jesus touched him before he was clean. What does that tell you about when Jesus is willing to come close to you?
- Is there a part of your life you've been keeping at arm's length from God, something you feel you should fix first?
- What would it be like to hear Jesus say "I am willing" about that today?

Write a one-sentence prayer that starts with the man's words: "If you are willing…" Or, if it's hard to believe Jesus wants to come close to you, tell him that, and ask him to show you his hand reaching out.

HEAR

On a week like this one, it's tempting to finish these pages the way you'd cross off an errand. You don't have to hurry through this part. Nothing on your list is going anywhere.

Sit quietly and listen. You might pray, "Jesus, I'm here, and I'm listening." Whatever comes to mind, write it down.

TUESDAY

SOUGHT OUT.

STOP

A lot can happen in a day. Maybe a phone call changed your plans, or three more things landed on the list. Today's reading is about someone who hoped to slip in and out without being noticed. You don't have to slip past God this morning. Set yesterday down for a few minutes.

- 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

The woman in today's reading had spent twelve years being careful about who she brushed against. That's a long time to hold your breath. You can let yours out. 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 stop and look for me…"

As you exhale, pray, "…I don't have to hide."

LOOK

A woman had been bleeding for twelve years. Under the law, that made her unclean the whole time, through no fault of her own. She'd spent everything she had on doctors and only gotten worse. In a crowd, she reached out and touched Jesus' cloak, and the bleeding stopped. She could have disappeared. These verses are what Jesus did next. Read

them slowly two times before moving on.

> [30] *At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, “Who touched my clothes?”* [31] *“You see the people crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’ ”* [32] *But Jesus kept looking around to see who had done it.* [33] *Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth.* [34] *He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”*

Mark 5:30–34 NIV

ASK

Jesus looks for you. Power went out from him, and he wouldn’t keep walking until he had seen her face. She came trembling, expecting to be in trouble for touching him. The first word he said to her was “Daughter.”

Before the questions, hear something Pastor Justin said Sunday, and it’s true here, too: “You may not get the healing this woman got. That doesn’t mean Jesus feels any less about what you’re carrying.” Some of us have prayed for years for what she received in a moment. This story isn’t a formula for getting it. It shows you which way Jesus turns.

- She was already healed when Jesus “kept looking around.” What do you think he wanted her to have that the healing alone hadn’t given her?
- She “told him the whole truth.” Is there a whole truth you haven’t told Jesus, maybe because you aren’t sure how he’d take it?
- Have you kept your distance from God, or from his people, because of something that happened to you?
- Jesus called her “Daughter.” What do you think he would call you?

Write a few lines telling Jesus the whole truth about one thing. Or, if you feel more like someone lost in the crowd, write a prayer asking him to turn around and find you.

HEAR

Most people go their whole lives without hearing God speak out loud. If you're waiting for something dramatic, you may miss something quiet: a name, a memory, a verse, a nudge toward a person.

Sit quietly and listen. You might pray, "Lord, you turned around for her. I'm listening for you." Whatever comes to mind, write it down.

WEDNESDAY

MADE CLEAN.

STOP

It's the day before Thanksgiving, and it may be your busiest day of the week. There's cooking to start and a house to clean, and people may be on their way. By the third day, these pages can turn into one more thing to get through. So slow down on purpose. The scrubbing can wait a few minutes.

- 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

Every breath out carries away something your body doesn't need. You don't make that happen. It's done for you, thousands of times a day. Pay attention to it for the next couple of minutes. 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, "Wash me with clean water, Lord…"*
> *As you exhale, pray, "…and I will be clean."*

LOOK

These words are older than the Gospels. Ezekiel was a priest, so he knew the washing laws by heart: water and time, and for death, water mixed with ashes. That system cleaned up after death, but it could never beat it. Then he heard God promise something greater. As you read these verses slowly two

times, count how often God says “I will.”

> 25 *I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols.* 26 *I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.* 27 *And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.*

Ezekiel 36:25–27 NIV

ASK

God makes you clean. Every verb in these verses belongs to him. Zechariah, who preached alongside Haggai, saw the same promise as a fountain opened “to cleanse them from sin and impurity” (Zechariah 13:1). It’s for both: the things you’ve done, and the death that’s gotten on you through no fault of your own.

That fountain opened at a death. Jesus went into the grave himself, and “it was impossible for death to keep its hold on him” (Acts 2:24). Pastor Justin said it Sunday: “You never have to clean yourself up first. You come. He makes you clean.”

- How many times does God say “I will” in these verses? What does that leave for you to do?
- Which is harder for you to bring to God: guilt over something you’ve done, or grief over something that happened to you? Why?
- Where are you still trying to scrub yourself up before you come near to God?
- God promises “a new heart” and his own Spirit. Where would you most like to see that this week?

Write a prayer that hands God one thing you’ve been trying to clean up on your own. Or, if you struggle to believe you could be clean, write, “Lord, I want to believe you can do this,” and leave it with him.

HEAR

When it gets quiet, some of us brace for God to bring up everything we've done wrong. Remember Monday. Jesus reached for the man before he was clean. God isn't waiting in this silence to scold you.

Sit quietly and listen. You might pray, "Lord, you've made me clean. What do you want me to know?" Whatever comes to mind, write it down.

THURSDAY

BLESSED FIRST.

STOP

It's Thanksgiving. The house may be loud today, or it may be quieter than you'd like. Some tables will be full. Some will have a place where somebody used to sit. Whatever today holds, you've found a few minutes before it starts. 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

Thanks comes easier when the table is full. Today's breath prayer is for whatever is on yours, and for what isn't there yet. Breathe slowly and let the day wait. 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, "Before the harvest, Lord…"

As you exhale, pray, "…you have come close."

LOOK

Haggai wrote down the date of this promise. On our calendar it's December 18, three months to the day after the people went back to work on God's house. The seed was in the ground, and nothing had come up. Read these verses slowly two times, the way someone would who had nothing yet to show.

18 *‘From this day on, from this twenty-fourth day of the ninth month, give careful thought to the day when the foundation of the LORD’s temple was laid. Give careful thought:* 19 *Is there yet any seed left in the barn? Until now, the vine and the fig tree, the pomegranate and the olive tree have not borne fruit.*
“ ‘From this day on I will bless you.’ ”

Haggai 2:18–19 NIV

ASK

God blesses before the harvest. The people had worked for three months. They couldn’t make themselves clean, and they had nothing to point to. That’s the day God picked to say, “From this day on I will bless you.”

This isn’t a promise that every harvest after that was a good one. A few generations later, things were lean again. Pastor Justin said, “The blessing wasn’t a guarantee about crops,” and, “The blessing is God himself, coming close.”

If there’s an empty place at your table today, thanks and grief can sit there together. God isn’t asking you to pretend.

- “Is there yet any seed left in the barn?” Where in your life is the seed in the ground, with nothing to show for it yet?
- God had already told them, “I am with you” (Haggai 1:13). Now he says, “I will bless you.” What do those two promises together tell you about what a blessing is?
- Where have you been measuring how God feels about you by your results?
- What can you thank God for today that isn’t on the table yet?

Write a short prayer of thanks for one thing you can see and one thing still in the ground. Or, if thanks is hard to find today, write God one honest sentence about why, and ask him to come close.

HEAR

Today your mind will run ahead to the oven, the drive, or the people coming through the door. When it does, don’t scold yourself. Bring it back gently, as many times as it takes.

Sit quietly and listen. You might pray, “Lord, you’re here before anything else is. I’m listening.” Whatever comes to mind, write it down.

FRIDAY

SENT.

STOP

It's Friday. The dishes are done, or they're still in the sink. The house may be full of leftovers and guests, or it may have gone quiet again. This is the last of this week's pages. Before you move on, look back: you've been touched, sought out, made clean, and blessed first. It's okay to stop one more time.

- 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

You can't breathe out what you haven't breathed in. Receiving comes first, and then giving. Let today's breathing follow that order. 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, "Freely you have given, Jesus…"

As you exhale, pray, "…send me to give freely."

LOOK

All week, Jesus has been the one moving toward people. In these two verses, he hands that work to his friends. Read them slowly two times before moving on, and listen for what he gives before he sends.

[1] *Jesus called his twelve disciples to him and gave them authority to drive out impure spirits and to heal every disease and sickness.*

[8] *Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.*

Matthew 10:1, 8 NIV

ASK

Jesus sends you with what he gave you. He didn't keep his holiness to himself. He sent his friends toward the same people this week has been about: the sick, the grieving, the ones everybody else kept at a distance.

Don't hear this as an assignment to cure anybody. Pastor Justin said Sunday, "You don't need to say much. You're not there to fix it." You're there to carry God's own words: "I am with you."

And if you're the one death touched this year, your step today may be letting someone come toward you.

- "Freely you have received." Looking back over this week, what have you received from Jesus?
- Who is one person death has touched this year? It might be a widow or widower, a friend in treatment, or someone who lost a parent or a baby.
- What usually keeps you at a distance from people who are hurting?
- What is one thing you could do before Sunday: make the call, sit in the room, or say the name of the person they lost?

Write that person's name and a one-sentence prayer for them. Then write what you'll do and when. Or, if you're the one who is grieving, write the name of one person you could let come toward you.

HEAR

When a week of quiet mornings ends, the habit can end with it. It doesn't have to. You can stop like this again tomorrow, with any passage and any piece of paper.

Sit quietly and listen. You might pray, "Lord, who are you sending me toward?" Whatever comes to mind, write it down.