



MAY 17TH, 2026

BEHOLDING: DISCIPLINES FOR IMAGERS **STILLNESS: THE DISCIPLINE OF ATTENTION**

¹ In the beginning, God created the heavens and the earth. ² The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters.

Genesis 1:1–2 (ESV)

¹¹ Like an eagle that stirs up its nest, that flutters over its young, spreading out its wings, catching them, bearing them on its pinions,

Deuteronomy 32:11 (ESV)

¹² While he was in one of the cities, there came a man full of leprosy. And when he saw Jesus, he fell on his face and begged him, “Lord, if you will, you can make me clean.” ¹³ And Jesus stretched out his hand and touched him, saying, “I will; be clean.” And immediately the leprosy left him. ¹⁴ And he charged him to tell no one, but “go and show yourself to the priest, and make an offering for your cleansing, as Moses commanded, for a proof to them.” ¹⁵ But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. ¹⁶ But he would withdraw to desolate places and pray.

Luke 5:12-16 (ESV)

^{7a} Rather train yourself for godliness; ⁸ for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

1 Timothy 4:7a–8 (ESV)

⁴ In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God.

2 Corinthians 4:4 (ESV)

⁷ for God gave us a spirit not of fear but of power and love and self-control.

2 Timothy 1:7 (ESV)

¹ O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. ² But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. ³ O Israel, hope in the Lord from this time forth and forevermore.

Psalms 131:1-3 (ESV)