



APRIL 26<sup>TH</sup>, 2026

## BEHOLDING: DISCIPLINES FOR IMAGERS FINDING FREEDOM: DISCIPLINE OF CONFESSION

<sup>23</sup> Then the man said, “This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man.” <sup>24</sup> Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. <sup>25</sup> And the man and his wife were both **naked** and were not ashamed.

Genesis 2:23–25 (ESV)

<sup>1a</sup> Now the serpent was more **crafty** than any other beast of the field that the Lord God had made.

Genesis 3:1a (ESV)

<sup>7</sup> Then the eyes of both were opened, and they knew that they were **naked**. And they sewed fig leaves together and made themselves loincloths. <sup>8</sup> And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. <sup>9</sup> But the Lord God called to the man and said to him, “Where are you?” <sup>10</sup> And he said, “I heard the sound of you in the garden, and I was **afraid**, because I was naked, and I hid myself.” <sup>11</sup> He said, “Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?” <sup>12</sup> The man said, “The woman whom you gave to be with me, she gave me fruit of the tree, and I ate.” <sup>13</sup> Then the Lord God said to the woman, “What is this that you have done?” The woman said, “The serpent deceived me, and I ate.”

Genesis 3:7–13 (ESV)

### 32 A Maskil of David.

<sup>1</sup> **Blessed** is the one whose transgression is forgiven, whose sin is covered. <sup>2</sup> **Blessed** is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit. <sup>3</sup> For when I **kept silent**, my bones wasted away through my groaning all day long. <sup>4</sup> For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah <sup>5</sup> I acknowledged my sin to you, and I did not cover my iniquity; I said, “I will confess my transgressions to the Lord,” and you forgave the iniquity of my sin. Selah

Psalms 32:1-5 (ESV)

<sup>13</sup> Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. <sup>14</sup> Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. <sup>15</sup> And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. <sup>16</sup> Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. <sup>17</sup> Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. <sup>18</sup> Then he prayed again, and heaven gave rain, and the earth bore its fruit. <sup>19</sup> My brothers, if anyone among you wanders from the truth and someone brings him back, <sup>20</sup> let him know that whoever brings back a sinner from his wandering will save his soul from death and will cover a multitude of sins.

James 5:13–20 (ESV)