

MIXED MEDIA FAITH

Prayer & Fasting - Day 8
Scripture + Word Study Workbook

WHEN HIDING ENDS, HEALING BEGINS

Concealment -> Confession -> Forgiveness -> Cleansing -> Mercy -> Healing

Core question

What am I still trying to cover that God is asking me to uncover before Him - not so He can condemn me, but so He can forgive, cleanse, restore, and heal me?

DAY 8 SCRIPTURE

Psalm 32:1-5

- 1** Blessed is the one whose transgressions are forgiven, whose sins are covered.
2 Blessed is the one whose sin the Lord does not count against them and in whose spirit is no deceit.
3 When I kept silent, my bones wasted away through my groaning all day long.
4 For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.
5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin.

1 John 1:8-9

- 8** If we claim to be without sin, we deceive ourselves and the truth is not in us. **9** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Proverbs 28:13

- 13** Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

James 5:16

- 16** Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

What word, phrase, or image stands out to me?

WORD STUDY

chata' - sin / miss the mark

Chaim Bentorah begins with the familiar picture of missing a target, then develops the idea relationally. Sin is not only rule-breaking; it interferes with our movement toward God and with intimacy and fellowship. Day 8 asks what happens when we respond to sin by hiding rather than bringing it into truth.

charesh - silence

Bentorah connects this idea of silence with the picture of plowing over something until it is buried beneath the surface. Read beside Psalm 32, David's silence is more than not speaking. It becomes an image of keeping something covered instead of bringing it honestly before God.

**SIN COVERS. SILENCE COVERS.
CONFESSION UNCOVERS. GOD FORGIVES.**

pasha' - transgression

Bentorah develops transgression relationally as a violation or misuse of trust - not merely a technical infraction. That makes confession an act of relational truth: a breach is brought into the light rather than protected by concealment.

kasah - conceal / cover

The picture is of covering or withdrawing something from sight. Proverbs 28:13 contrasts concealment with confession and renunciation. The movement toward mercy begins when hiding ends.

racham - mercy / compassion

Bentorah connects this word family with deep, tender compassion. Proverbs does not say confession leads to humiliation. It says the one who confesses and renounces finds mercy.

Fervent, effective prayer - James 5:16

In his studies on fervent prayer, Bentorah explores the Greek *energeo* and the Aramaic *chaylah* as language of active strength and power. His emphasis is not that powerful prayer must be loud or theatrical. Powerful prayer comes from sincerity, compassion, and a heart aligned with God's heart.

**CONFESSION ISN'T TELLING GOD SOMETHING HE DOESN'T KNOW.
IT'S STOPPING THE WORK OF HIDING SO THE WORK OF HEALING CAN BEGIN.**

REFLECTION & INTEGRATION

Where am I tempted to use silence as a form of covering?

What does concealment cost me spiritually, emotionally, or relationally?

What truth do I need to agree with God about?

What am I willing to stop protecting, excusing, or practicing?

MAKE ROOM FOR GOD'S HEART

Truth exposes.
Repentance turns.
Cleansing restores.
Freedom makes room to move forward.

Day 8 is not an invitation to obsess over failure. It is an invitation to stop protecting what God is already willing to forgive, cleanse, and heal.

Come out of hiding because God wants your heart.

God, what are You asking me to bring into the light today?

What would receiving mercy instead of hiding look like here?

Word-study material summarized from the Chaim Bentorah studies supplied for Day 8. Scripture: New International Version (NIV), text supplied for this study.