

SEEN

September 21, 2025



BIG IDEA

The human heart longs to be seen by a Father who desires to see.

KEY SCRIPTURE

John 20:19–23: On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!”²⁰ After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

²¹ Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.”²² And with that he breathed on them and said, “Receive the Holy Spirit.”²³ If you forgive anyone’s sins, their sins are forgiven; if you do not forgive them, they are not forgiven.”

ADDITIONAL SCRIPTURES

- Genesis 16:1-15
- Psalm 139:1-6; 13-16
- Mark 10:17-22

RESOURCES

- *The Deep Things of God: How the Trinity Changes Everything*, Fred Sanders.
- *Known by God: A Biblical Theology of Personal Identity*, Brian S. Rosner.

SEEN

1. Prior to meeting, individually spend time meeting God in the key scripture.
2. Read the passage of scripture two times slowly and reflectively. The goal is to allow the text to sink

in and resonate personally. Look for words and phrases that stand out to you and write them down.

3. Read the passage slowly one more time, pay extra attention to the parts that stood out to you the first time. Consider how these words or phrases might apply to your life right now. What might the Lord be inviting you to?

4. Respond to God in prayer, express your thoughts, feelings, and desires in relation to the scripture. Rest now in God’s presence, allow for silence and stillness. Listen for God’s voice and experience a deeper connection with him.

SHAPED

Thinking about the Sunday sermon, what stuck out for you in what was said?

In your time reflecting on the key scripture, what stood out to you?

- 1) What are three words you would use to describe God? How has that impacted how you engage with Him?
- 2) What are three areas in your life that you long to be seen, to be understood, or not to be alone?
- 3) Like the rich young ruler, what are you using to protect yourself from the pain of not being seen? What is he asking you to lay down and allow your heart to be seen by the Father?
- 4) What he is asking you to do this week is a step toward laying down what it is you hold on to?

SENT

Just as we are blessed to be a blessing, in being seen by God, he invites us to truly see others. This week be mindful, is God nudging you to notice someone in your community? Reach out to that person.

