Session One

Intro to Seen • Known • Loved

WOMEN'S RETREAT | NOVEMBER 6–8, 2026

The Heart Behind Our Theme

The reality is that some women who have genuinely placed their faith and trust in the Lord Jesus Christ still struggle with the feeling of being unseen; they are unable to sense or comprehend that they are truly known; they are not yet able to perceive just how very much they are loved and valued.

Three Powerful Words: Seen, Known, Loved

Grammatically, these are verbs describing an action—to see, to know, to love; however, they are in the past participle tense. So, they represent, actions that are already completed! **You are seen**—it's a done deal; **You are known**, completely and intimately; **You are loved**—not because of what you've done or who you're trying to become, but because of who God is.

Here is something else worth considering: Each of these words points to relationship. You cannot be seen unless someone is doing the seeing. You cannot be known unless someone is doing the knowing. And you cannot be loved unless someone is doing the loving. In other words, to be seen, known, and loved requires someone who sees, someone who knows, and someone who loves. These are not simply feelings we experience; they are expressions of relationship.

Because human beings were created in the likeness of God, we were created to be relational—longing to be truly seen, deeply known, and genuinely loved. Yet the reality is that not every relationship in our lives offers that kind of connection.

We have a great God who, indeed, sees you, but He also wants to **BE SEEN by YOU!** Our God is an omniscient God so He knows you, but He, too, desires to **BE KNOWN by YOU!** And our God is a God of love; however, He longs to **BE**

LOVED by YOU! So, we need to look at SEEN, KNOWN, and LOVED from two different vantage points: being the recipient of these actions and being the source/the giver of these actions!

Seen

Perhaps YOU are the one struggling with the concept of being seen because the eyes of your heart, your spiritual eyes, are not fully opened or have been clouded over due to life's disappointment.

Be encouraged! Paul prayed for the saints in Ephesus that "the eyes of your heart may be enlightened so you will know..." *(Ephesians 1:18)*. And that is our prayer for you—that God would open your eyes to recognize what has always been true: He sees you, even when you struggle to see Him.

Known

Perhaps YOU are the one that is struggling to feel truly known by God and others. Perhaps you desire that closeness but aren't quite sure how to cultivate it.

Be encouraged! Jesus, Himself, prayed for us in *John 17:21* that we would experience the same beautiful unity and intimacy that He shares with the Father. Even in *Jeremiah 9:23–24* God reminds us that the greatest thing we can boast about is truly knowing and understand Him. You were not created merely to know about God, but you were created to know Him and to be known by Him

Loved

Perhaps YOU are the one that is struggling to believe that you are truly loved. You might have difficulty recognizing God's expression of love, because God's love doesn't always look the way we expect love to look. Jesus speaks of love not merely as something we feel, but as something we demonstrate through sacrificing to the point of death *(John 15:13)*, obedience in life *(John 14:15)*, and caring for others *(John 21:15-17)*. God's love is more than a feeling to be experienced!

Be encouraged because Jesus has prayed for us in *John 17:25-26* that the very love the Father has for Him would also be in us. Jesus doesn't simply want you to know that God loves you. He wants you to experience the very love that the Father has for Him. The same love. The same intimacy. The same perfect fellowship.

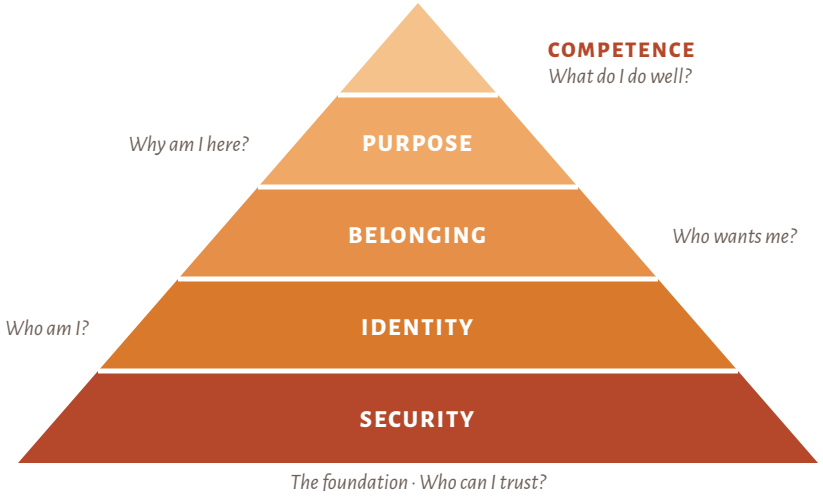
Our Journey Together

And so, we are about to embark on a journey together—one that, Lord willing, will lead us through meadows of reflection, across streams of vulnerability, and up the rugged hills of misplaced affections. Along the way, we may encounter some uncomfortable truths, but our prayer is that, by God's grace, we will arrive at a beautiful, life-changing realization:

We are fully SEEN, deeply KNOWN, and unconditionally LOVED by God.

The Pyramid of Core Needs

Because relationships are at the heart of our time together, we will consider the five core needs that shape how we as human beings connect with one another and experience meaningful relationships. They are part of God's design, reminding us that we were created for relationship with Him and with one another.



I. God Created Man and Woman

- He created human beings in His own image *(Gen. 1:26-27)* for His own glory *(Isaiah 43:7)*

II. The Pyramid of Core Needs

God has wired into every human being five core needs for the purpose of pursuing/knowing Him

A. First core need, the foundational need, is **SECURITY**

1. The question it addresses: *Who can I trust?*
2. Security provides a firm foundation

B. Second core need is **IDENTITY**

1. The question it addresses: *Who am I?*
2. Identity rests upon and is essential to security—We have an identity crisis because we have a security crisis

C. Third core need is **BELONGING**

1. The question it addresses: *Who wants me?*
2. Show me your friends and I will show you your future—who you hang with matters *(Prov. 27:17)*

D. Fourth core need is **PURPOSE**

1. The question it addresses: *Why am I here? Why am I alive?*
2. In general, our purpose is to leave the world a better place or as the Westminster Catechism would say, "to glorify God and enjoy Him…"

E. Fifth core need is **COMPETENCE**

1. It answers the question: *What do I do well?*
2. Competence uniquely fits my purpose

III. The Pyramid of Core Needs through Manoah/Wife's Perspective

Read *Judges 13* and then answer the following question from Manoah's perspective

- Security/Who can I trust?
- Identity/Who am I?
- Belonging/Who wants me?
- Purpose/Why am I here?
- Competence/ What do I do well?

A blessing for you

May the Pyramid of Core Needs serve as a practical tool to help you better understand yourself, navigate your relationships, and recognize the deeper needs of those around you. May the Spirit help you to take what you already know in your head and make it a deeply rooted conviction of your heart as you so that you will not only feel seen, known, and loved, but that you will work those actions out in your relationship with God and others!

Questions for Session One

Introduction to Seen, Known, Loved

Question #1

In considering the Pyramid of Core Needs, please discuss the following questions as they correlate with each of your core needs.

1. In considering the need for **SECURITY**, *Who can I trust?*
   [Who advocates for you? Who is on your side? Who asks to be forgiven when they sin against you? Who voluntarily celebrates you?]

2. In considering the need for **IDENTITY**, *Who am I?*

3. In considering the need for **BELONGING**, *Who wants me?*
   [Does anyone know I am alive? Does anyone see me? Does anyone want connection with me? Does anyone want to have a relationship with me?]

4. In considering the need for **PURPOSE**, *Why am I here? Why am I still alive?*

5. In considering the need for **COMPETENCE**, *What do I do well?*

Question #2

Of the five core needs discussed—security, identity, belonging, purpose, competence—which ones do you think you have cultivated well for yourself? Which ones do you think you have cultivated well for your children? Which ones need to be strengthened or corrected?