Session Two

Seen

WOMEN'S RETREAT | NOVEMBER 6–8, 2026

I. Being Seen

Questions: *What does it mean to be seen? If I am being seen what is happening around me? Who is seeing me?*

If you are attending a Christian women's retreat, I am pretty confident that you are not struggling with the reality that God sees you…Your struggle lies in the longing to be truly seen

A. There's a difference between being **LOOKED AT** and being **SEEN**

1. Looked at is passive or superficial observation—it misses the understanding of inner thoughts, struggles, effort, vulnerability, and feelings
2. Seen is an active observation and evidences deep human recognition—requires slowing down, listening, noticing subtle details, and sitting with you when words fail

B. There's a difference between being **VISIBLE** and being **VALUED**

II. God Sees

A. He sees everything

> *"…for He looks throughout the whole earth and sees everything under the heavens" (Job 28:24)*

1. He sees and cares for land *(Deuteronomy 11:12)*
2. He sees good and evil *(Proverbs 15:3)*

B. He sees everyone

- *"No creature is hidden from his sight…" (Hebrews 4:13)*
- *"The Lord looks down from heaven and sees the whole human race" (Ps. 33:14-15)*
- *"You saw me before I was born" (Ps. 139:16)*

C. Nothing can be hidden from the eyes of God *(Jer. 23:24)*

III. The God Who Sees Me—El Roi

A. Background story

1. Abram *(Genesis 12-15)*
   - He was called by God to follow Him. For such faith, God promised to make him a great nation!
2. Sarai
   a. Abram married Sarai, his half-sister (Terah was their dad)
   b. She is very beautiful (65+ years old)
3. Hagar
   - She was an Egyptian servant to Sarai

B. Abram's faith

1. Evidenced—*"Abram believed the Lord and the Lord counted him as righteous because of his faith" (Gen 15:6)*
2. Tested—Sarai and Abram struggled with infertility

C. Their triangular solution *(Gen. 16)*

1. Cultural society provided that in the case of infertility a legal heir could be produced through a slave
2. Hagar conceives
3. When Sarai "mistreats" pregnant Hagar, Hagar runs away to the wilderness

D. "The Angel of the Lord"

1. The Angel of the Lord found Hagar on her way back to Egypt
   - He called her by name, asked good questions, and gave her a promise
2. Hagar in return names God, El Roi (i.e., the God who sees me) and commemorates the event by naming the well Beer-lahai-roi "well of the Living One who sees me"

El Roi

The God Who Sees Me

E. The God who sees YOU

> *"For the eyes of the Lord roam throughout the earth, so that He may strongly support those whose heart is completely His" (II Chronicles 16:9)*

> *"The eyes of the Lord are toward the righteous, And His ears are toward their cry for help" (Psalm 34:15)*

> *"The Lord opens the eyes of those who are blind; The Lord raises up those who are bowed down; The Lord loves the righteous" (Psalm 146:8)*

IV. Seen by Others

A. When we are born again, we are place in the universal body (i.e., family) of Christ

B. We then exist for His glory—to image Him to a world that cannot see Him

C. **One anothering—100 times in NT**

1. Believers are challenged over 100 times by the Greek reciprocal pronoun *allēlōn* ("one another" or "mutually") to fulfill 50-60 specific relational commands
2. The most frequent example (16 times) is "love one another" *(John 13:34)*
3. Other examples to explore: *Romans 12:10; Romans 12:16, Mark 9:50; Romans 15:7; Romans 12:16; Galatians 5:1; Ephesians 5:21; John 13:14; 1 Thessalonians 5:11, Romans 14:19; Hebrews 3:13, Colossians 3:16; Galatians 6:2; Colossians 3:13; Ephesians 4:2; James 5:16; Colossians 3:9; Romans 14:13; James 5:9; Galatians 5:26; etc.*

D. One part of the body cannot say the other is not of value—we each are important to the overall image *(I Cor. 12)*

V. Truths about Being Seen

A	B	C
I am seen by God	**God desires to be seen by me**	**If I long to be seen by others, perhaps I should be more intentional about seeing others!**

If God is the God that sees Me, and I am created in His likeness, should I not show forth His image by becoming the child of God that sees others?

Questions for Session Two

Seen

Question #1

After her extraordinary encounter with the Lord, Hagar gives God the name El Roi, meaning "The God Who Sees Me." Deeply moved by this personal encounter, she also names a nearby well Beer-lahai-roi, meaning "The Well of the Living One Who Sees Me," creating a lasting reminder of the God who saw her, heard her, and met her in her moment of need.

Now, take a moment to reflect on your own personal journey with the Lord. Think about the ways He has revealed Himself to you or acted on your behalf.

- If you could give God a name that reflects how you have personally experienced Him, what would that name be, and why?

- If you could name a "well" to commemorate a defining moment when God showed up in your life and gave you a reason to celebrate, what would you call it? What story of His goodness would that name forever remind you of?

Question #2

As you reflect on the choices Abram and Sarai made in this story, consider how their struggle between faith and uncertainty might mirror your own journey with the Lord. In those moments, do you allow the questions of your heart to overturn your faith, or do you allow your faith to overturn the questions of your heart? Can you share a time when you wrestled with such tension, and what that experience taught you about trusting God?

Question #3

In this session, we explored the profound difference between simply being looked at and being truly seen. Think back to a time when someone saw beyond your outward appearance and recognized what was happening in your heart. Who was that person, and what did they say or do that made you feel genuinely seen, understood, and valued?