Session Three

Known

WOMEN'S RETREAT | NOVEMBER 6–8, 2026

I. Being Known

What does it mean to be known? What does being known look like? Who knows me, and how do I know that? What would be happening if I were truly known by someone?

A. There is a difference between **KNOWING ABOUT** and **BEING KNOWN**

- Someone can know a lot about you without ever knowing you.

B. Being truly known is more intimate than being seen

1. Being seen is when someone recognizes what is happening inside you.
2. Being known is when someone has come to understand who you are, and they continue to want a relationship with the "real you"!

C. Being known by others

1. They would not just be curious about your inner world, but they would remember it.
2. They would not just take notice of what you are saying, but they would also notice the things you haven't said.
3. They would not just desire to help meet your expressed needs, but they could anticipate some of your needs without requiring you to ask or explain, because they have learned you.
4. They would not just make room for you, but they could make room for all of you.
5. They would not only try to understand you; they would do so without immediately correcting you.
6. They would recognize things about you that you sometimes forget about yourself.
7. Their actions would show that knowing you matters.
8. They wouldn't just know that certain things hurt you, but would understand something about the experiences that made those things tender.
9. They would love you in ways that actually reach your heart (love languages).

D. The results of being known

- You develop a deep sense of belonging
- No longer would you wonder *If you really knew me, would you still want me?* because they do know you and they still want you!

II. God is All Knowing

A. God is **OMNISCIENT**—He knows everything and everyone

- Nothing is hidden from God because He is the source of all knowledge.

B. God is **OMNIPRESENT**—He is everywhere present at all times

- No one can hide from Him *(Psalm 139:11–12)* nor flee from His presence *(Psalm 139:7)*.

C. God's eyes are in every place *(Proverbs 15:3)*.

III. Being Known by God

Psalm 139

A. God knew you before the foundation of the world

Ephesians 1:3–14 reveals the wealth found in the Treasure Chest of Identity.

- He chose you to be holy and blameless.
- He lavishly graced you.
- He redeemed you, buying you back from the slave market of sin.
- He forgave you, paying your debt with His own blood.
- He predestined you to adoption as His daughter.
- He made known to you the mystery.
- He provided an inheritance for you.
- He sealed you with the Holy Spirit.

B. God knew you before you were born, creating you inside your mother's womb

1. "*Before I formed you in the womb, I knew you…*" *(Jeremiah 1:5)*.
2. He "knit you together" in your mother's womb *(Psalm 139:13)*.
3. You are His masterpiece *(Ephesians 2:10)*, created in Christ Jesus; "*Your workmanship is marvelous—how well I know it*" *(Psalm 139:14)*.
4. He determined your days of life *(Psalm 139:16)*.

C. God knows all of you, being "intimately acquainted with all your ways"

1. What you do *(Psalm 139)*.
2. What you think and say (intellectually)
   - He understands my thoughts from afar *(Psalm 139:2, 23)*.
   - God knows what you say—before you say it *(Psalm 139:4)*.
3. What you feel (emotionally)
   a. Your anxiety—your anxious thoughts *(Psalm 139:23)*.

b. Your sorrow—the tears you cry *(Psalm 56:8)*.

4. He knows you physically
    - He counts the hairs on your head *(Luke 12:7)*.

D. He knows your name

> *"Fear not, for I have redeemed you; I have called you by name, you are mine" (Isaiah 43:1).*

> *"Behold, I have engraved you on the palms of my hands..." (Isaiah 49:16).*

E. In knowing you, God thinks about you

> *"How precious are your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains (Psalm 139:17-18)*

F. In knowing you, God is for you *(song: If God is for me)*

1. God hems you in: *"You have enclosed me behind and before" (vs. 5)*
2. He places His hand of blessing on your head *(vs. 5)*
3. His Hand will guide you *(vs. 10)*

G. He knows you better than you know yourself

> *"Behold, you know everything. You know it altogether." (vs. 2)*

IV. The Outcome of Being Known by God

A. For David it was **WONDER** *(Psalm 139:1–6 NASB)*

B. For Nathanael it was the **RECOGNITION** of the true character of Jesus *(John 1:48)*

C. For Paul it was **RESOLVE** *(I Cor 13:12)*

D. For us it should cultivate a deep sense of **BELONGING**: *Who wants me?* **God Almighty wants me!**

V. Conclusion

- We have looked at being seen in our endeavor to address **SECURITY** *(Who can I trust?)*
- We have now looked at being known (intimacy) in our pursuit of understanding our **IDENTITY** *(Who am I?)* and discovering **BELONGING** *(Who wants me?)*
- Tomorrow we will look at being loved and how that brings intimacy into the realm of **PURPOSE** *(Why am I here?/What am I supposed to be doing?)* and **COMPETENCE** *(What do I do well?)*

Questions for Session Three

Known

Question #1

In this session, we explored the profound difference between simply knowing about someone and truly knowing them. At the heart of that difference is one powerful word: intimacy. With that in mind, take a moment to reflect on the relationships in your life. Who in your life intimately knows you—not just what you say or do, but what is in your heart?

Question #2

Who are you allowing to truly know the real you? Do you ever hold back out of fear that "If they really knew me, they might not love or accept me"? How has that fear shaped your willingness to be vulnerable and fully known by others?

Question #3

How does truly being known by someone correlate with our core needs for security (Who can I trust?), for identity (Who am I?), and for belonging (Who wants me?)?

Question #4

In Jeremiah 1:5, God declares, "Before I formed you in the womb, I knew you." And in Ephesians 1:4, we are reminded that God chose us in Christ "before the foundation of the world." What a beautiful truth to embrace: Long before you took your first breath, God knew you. Before anyone else ever laid eyes on you, He saw you. And before you could ever love Him, He loved you. You are not only fully known by God, but also deeply and completely loved by Him. How does knowing that God has seen, known, and loved you from the very beginning change the way you see Him, trust Him, and walk with Him today?