

Fully Seen

"If we look at ourselves only through mortal eyes, we may not see ourselves as good enough. But our Heavenly Father sees us as we truly are and who we can become."

- Dieter F. Uchtdor

Q: Have you ever felt fully seen or fully known? If not, do you desire to?

Watch this video from the Chosen:

<https://www.youtube.com/watch?v=ordhsDeAt60> [7:29 mins]

Before watching: Know that this video is a film based on the passage we read in the Bible. It has added dialogue and expression for cinematic effect. This video is trying to show Jesus' character. Take the point, but do not stick to each word, since it was added to the verses we read.

Q: What are your initial thoughts or questions about this story?

Read John 4: 4-29; 39-42

Q: What do you notice about the woman in the story?

Q: What stands out to you about Jesus and His character in this story?

Q: Why do you think the woman was motivated to tell everyone about the Messiah?

Typically when we feel completely known by someone- where they know either our secrets or our past, or even the things we are embarrassed about, but then feel loved anyway- we feel and act differently. We have a type of confidence and security in that relationship that the information was confided in. Why do typically best friends or two people in a good marriage have a strong connection? It is because one knows the other, even their flaws, but loves them anyway. That doesn't mean that that person never helps or motivates that

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person to grow or be challenged, but it means that the information they know about the other, doesn't change how they feel about them or their friendship/relationship.

This is the same with the woman at the well. Jesus let her know He knew she had several husbands and the current one was not her husband. Jesus lets her know He knew who she was, then He offered her the greatest gift He could ever give her. He showed who He really was and offered her hope. He let her know He was the Messiah. She was the first person Jesus ever revealed Himself to! That's a huge gift. This let her know that He really cared about her and loved her - she was fully known and fully loved.

Q: How does it make you feel that Jesus sees you for who you really are, yet still loves you so much?

Q: What would it look like to fully see/know your friends and family, while also fully loving them?

This could look like:

- Listening to them speak so they feel heard
- Not judging them for doing something they are really embarrassed about
- Allowing them to feel the hope of God when they sin, not condemnation or judgment
- Rejoicing with them in an interest/hobby that is different than the interest/hobby you have
- Not making them feel like they need to be like you to be your friend

Share Testimonies

This is a safe space. Nothing said in this space will leave it. You can include whatever details that you prefer.

Prayer