

Known

“I am fully known by God and safely seen by others.”

Most of us have spent years managing how much of ourselves we let others see. Being fully known can feel more threatening than comforting, especially if being seen has not always felt safe. This exercise invites you to let God’s knowing land somewhere in your body, not as exposure, but as steady, kind attention.

Arriving in the Body

Sit with both feet on the floor. Let your spine lengthen gently. Let your hands rest open on your thighs. Take a slow breath in through your nose. Long exhale through your mouth.

Now notice:

- The weight of your body in the chair.
- The feeling of your feet pressing into the ground.
- The temperature of the air on your skin.

Pray simply: “Lord, You are here.”

“Where can I go from Your Spirit? Even there Your hand shall lead me.” — Psalm 139

Let your nervous system register: You are not alone in this moment.

Being Known by God

Place one hand over your heart. Notice your heartbeat. Notice any emotion present, without fixing it.

Gently whisper: “You know me, Jesus.”

“O Lord, You have searched me and known me.” — Psalm 139:1

Let this move from theology to sensation. Ask yourself: What does it feel like in my body to be fully known? Is there tightness? Softness? Resistance? Take one slow breath into wherever you feel tension. Imagine God’s knowing not as exposure, but as steady, kind attention.

Being Seen Without Shame

Bring to mind one small, safe area of your life where you feel seen by another person. Notice what happens in your body as you remember that. Does your chest soften? Does your jaw unclench? Does your

breathing deepen?

“The Lord God made garments and clothed them.” — Genesis 3:21

Even after Adam and Eve hid, God moved toward them. You are not known in order to be shamed. You are known in order to be covered in love. You are fully known and fully loved.

Breathe in: “I am fully known...” Breathe out: “...I am fully loved.”

Regulating Through Connection

Now imagine sitting across from Jesus. Not analyzing you. Not correcting you. Simply present. Notice: the expression on His face, the posture of His body, the tone in His eyes.

“Before I formed you, I knew you.” — Jeremiah 1:5

Let your body settle into that gaze. If anxiety rises, lengthen your exhale. The long exhale signals safety to your nervous system.

Whisper: “I don’t have to hide.”

Extending Safe Presence to Others

Now bring your awareness back to your body. Feel your feet again. Feel the chair holding you. Ask yourself: If I know I am seen and safe with God, how might I become that safe presence for someone else?

“Encourage one another and build one another up.” — 1 Thessalonians 5:11

Place both hands over your heart and pray: “Lord, root me in Your knowing love. Let me live unhidden. Make me a steady presence for others.”

Take one final slow breath. When you’re ready, open your eyes.