

"Call to me and I will answer you and tell you great and unsearchable things you do not know." — Jeremiah 33:3

Take a quiet moment and honestly ask yourself:

"How well do I actually know myself?"

Complete each sentence with the first thing that comes to mind. There are no wrong answers.

Something I am really good at is _____

Something I struggle with is _____

A value that is important to me is _____

When I am at my best, I feel _____

Something I wish people understood about me is _____

A dream I have never told anyone is _____

Think about the experiences and people that have made you who you are today.

List 3 experiences that have shaped your character:

1. _____
2. _____
3. _____

How did God show up in any of those moments — even if you didn't notice it at the time?

Read each verse and write one word or phrase that stands out to you.

Verse	What stands out to me
Psalms 139:14 — "I am fearfully and wonderfully made"	
Jeremiah 1:5 — "Before I formed you I knew you"	
Romans 8:38-39 — Nothing can separate us from God's love	

1. What is one thing you discovered about yourself today that surprised you?

2. Is it easy or hard for you to believe that God truly knows you? Why?

3. What is one step you can take this week to get closer to discovering who God made you to be?

◆ **Personal Challenge This Week**

Write one thing you want to discover about yourself and bring it back to share next time.

You are seen. You are known. You are loved.