

# Fully Known, Truly Loved Outline

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## Life hurts

- No one is immune to brokenness.
- A call to reflection — anyone struggling or hurting today?

## We tend to hide our struggles and suffering

- “I would never know they’re hurting.” How often does this happen in our churches and relationships?
- We tend to treat our lives like Instagram - cropping and filtering out the ugly stuff
- The values of wider culture & church culture can promote this filtering
- We often opt for unhelpful alternatives (hiding, numbing, etc.), which are not truly life-giving

## God tells us we are fully known, truly loved by Him

- Quote by Tim Keller, *The Meaning of Marriage*: “To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear. But to be fully known and truly loved is, well, a lot like being loved by God. It is what we need more than anything. It liberates us from pretense, humbles us out of our self-righteousness, and fortifies us for any difficulty life can throw at us.”
- Psalm 139
- Breaking it down: how does God know and love us?
  - He knows and loves us in our good
  - He knows and loves us in our hard
  - He knows and loves us in our bad

## Our response

- We want to know and love others better — in **their** good, **their** hard, **their** bad
- Possible first steps of application:
  - Speak to God the things that are hard
  - Ask someone to pray for you; go a little deeper
  - Ask someone how you can pray for them
- Temptations to not pursue vulnerability
- A vision for what true connectedness can look like

## Conclusion

- Welcome to the world of biblical counseling
- Closing thoughts, prayer, time of reflection
- My own personal sharing
- Worship: “Oh, the Deep, Deep Love” by Sovereign Grace