

Session 3

ETERNALLY MINDFUL

Begin by praying together this prayer based on Psalm 8:3-4

Our Father, when I consider the heavens, the works of your fingers, the moon and the stars that you set in place, what are human beings that you are mindful of us? Show us today what it means that your loving eyes are on us. Amen

Watch Kate Patterson “Eternally Mindful”

Invite two members of the group to share one thing that has spoken to them from this session or the chapter in the book.

Read John 1:47-48

When Jesus saw Nathanael approaching, he said of him, “Here truly is an Israelite in whom there is no deceit.”

“How do you know me?” Nathanael asked.

Jesus answered, “I saw you while you were still under the fig tree before Philip called you.”

What do you think about the fact that you have always been seen and known by Christ?

Why might we struggle with the idea that God is constantly watching us? Is the idea positive or threatening?

What helps you to live in the truth that you are “in Christ”, clothed in his righteousness?

How could living before an audience of one help us live more boldly?

Read Psalm 31:7 I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul.

Be quiet as a group to meditate on that truth and to remember how Jesus saw the widow and his heart went out to her. Thank God that his heart goes out to you.

Watch Dr Kate Webb - God's Eye on the Sparrow

Share some examples of ways that God has shown you that he is watching over your life, caring about the practical details.

How do you think God sees you? On a big piece of paper, all write down a word or a phrase, then read them out together.

Listen to God and then share with one other person in your group how God sees them.

Praise God

You may want to finish by speaking out prayers of praise to the God who sees you.

