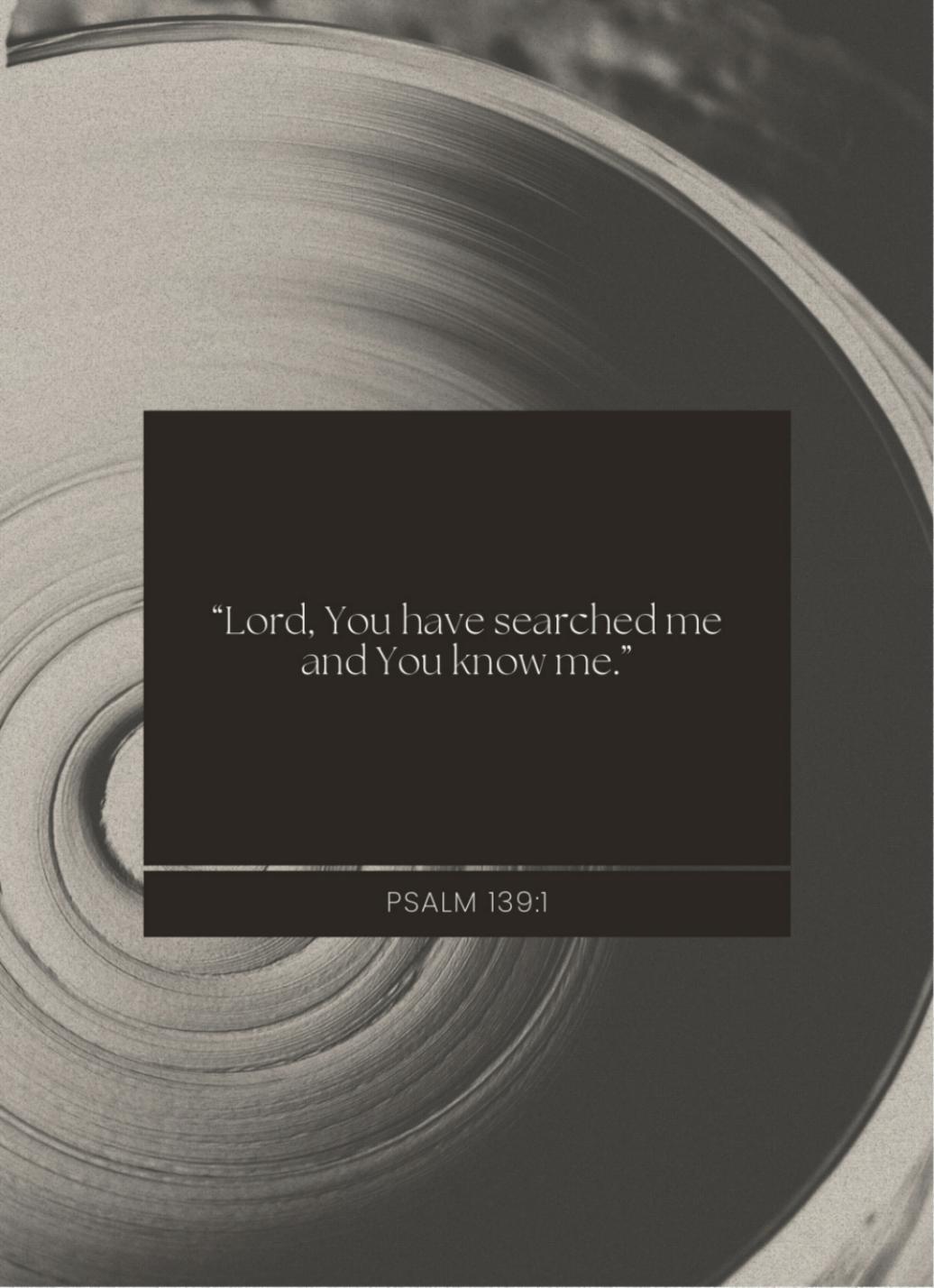


KNOWN & LOVED

A PERSONAL REFLECTION PREPARED BY MAJOR CARSON DECKER



A black and white photograph of a vinyl record, showing the grooves and the center hole. A dark rectangular overlay is positioned in the center of the record, containing white text. The text is centered and reads: "Lord, You have searched me and You know me."

“Lord, You have searched me
and You know me.”

PSALM 139:1

Take a deep breath. You don't have to perform here. God already knows you. This time is not about proving anything - it's about coming honestly into God's presence.

As you move through these reflections, let honesty replace striving. There is no pressure to rush, perform, or explain yourself. Simply come as you are, and trust that God meets you there.

PRAYER OF APPROACH

You have looked deep into my heart, Lord, and You know all about me. You know when I am resting or when I am working, and from heaven You discover my thoughts. You notice everything I do and everywhere I go. Before I even speak a word, You know what I will say, and with Your powerful arm You protect me from every side. I can't understand all of this! Such wonderful knowledge is far above me.

Where could I go to escape Your spirit or from Your sight? If I were to climb up to the highest heavens, You would be there. If I were to dig down to the world of the dead You would also be there. Suppose I had wings like the dawning day and flew across the ocean. Even then Your powerful arm would guide and protect me. Or suppose I said, "I'll hide in the dark until night comes to cover me over."

PRAYER OF APPROACH

But You see in the dark because daylight and dark are all the same to You.

You are the One who put me together inside my mother's body, and I praise You because of the wonderful way You created me. Everything You do is marvelous! Of this I have no doubt.

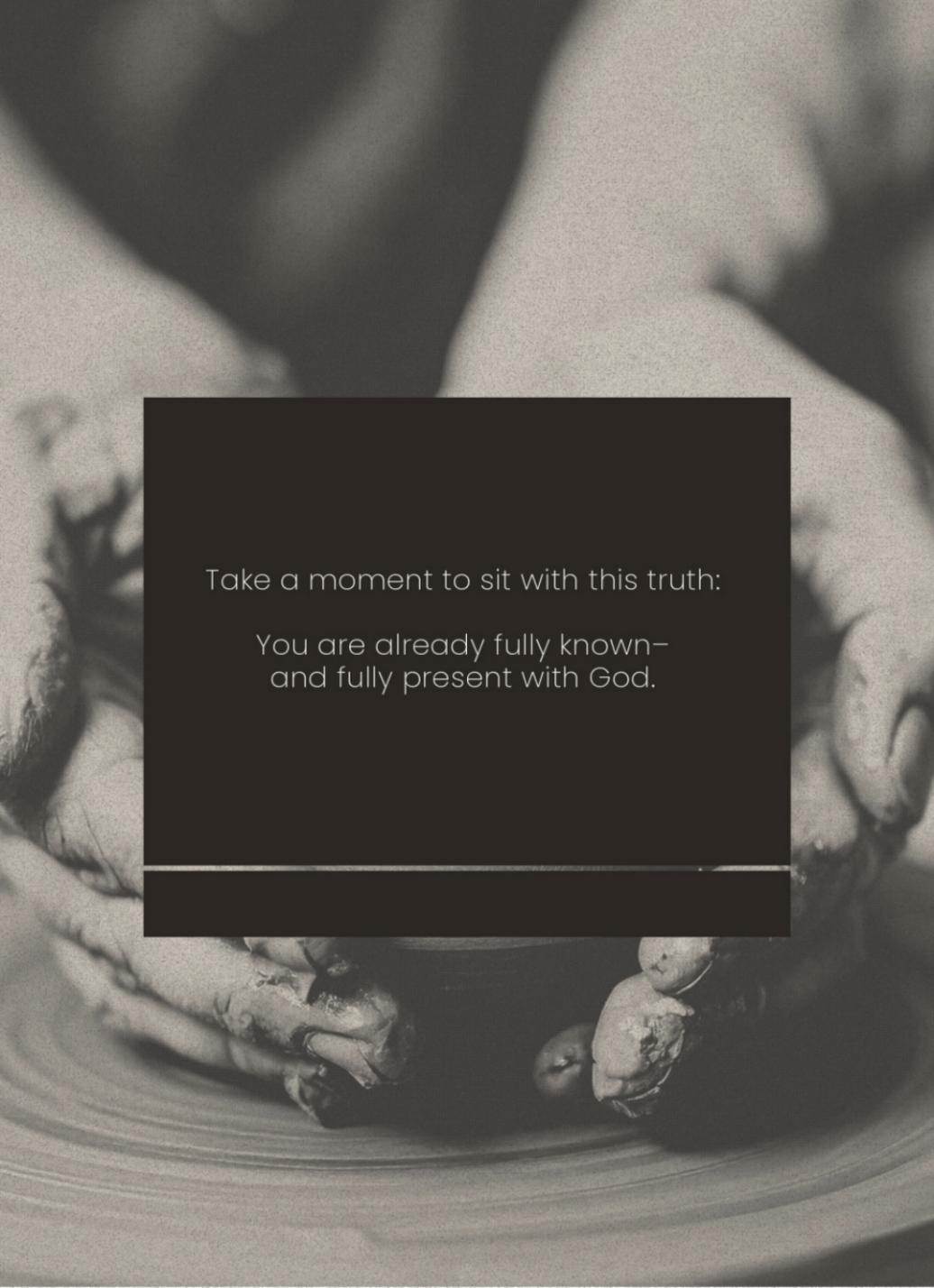
Nothing about me is hidden from You! I was secretly woven together deep in the earth below, but with Your own eyes You saw my body being formed. Even before I was born, You had written in Your book everything I would do.

Your thoughts are far beyond my understanding, much more than I could ever imagine. I try to count Your thoughts, but they outnumber the grains of sand on the beach. And when I awake, I will find You nearby.

PRAYER OF APPROACH

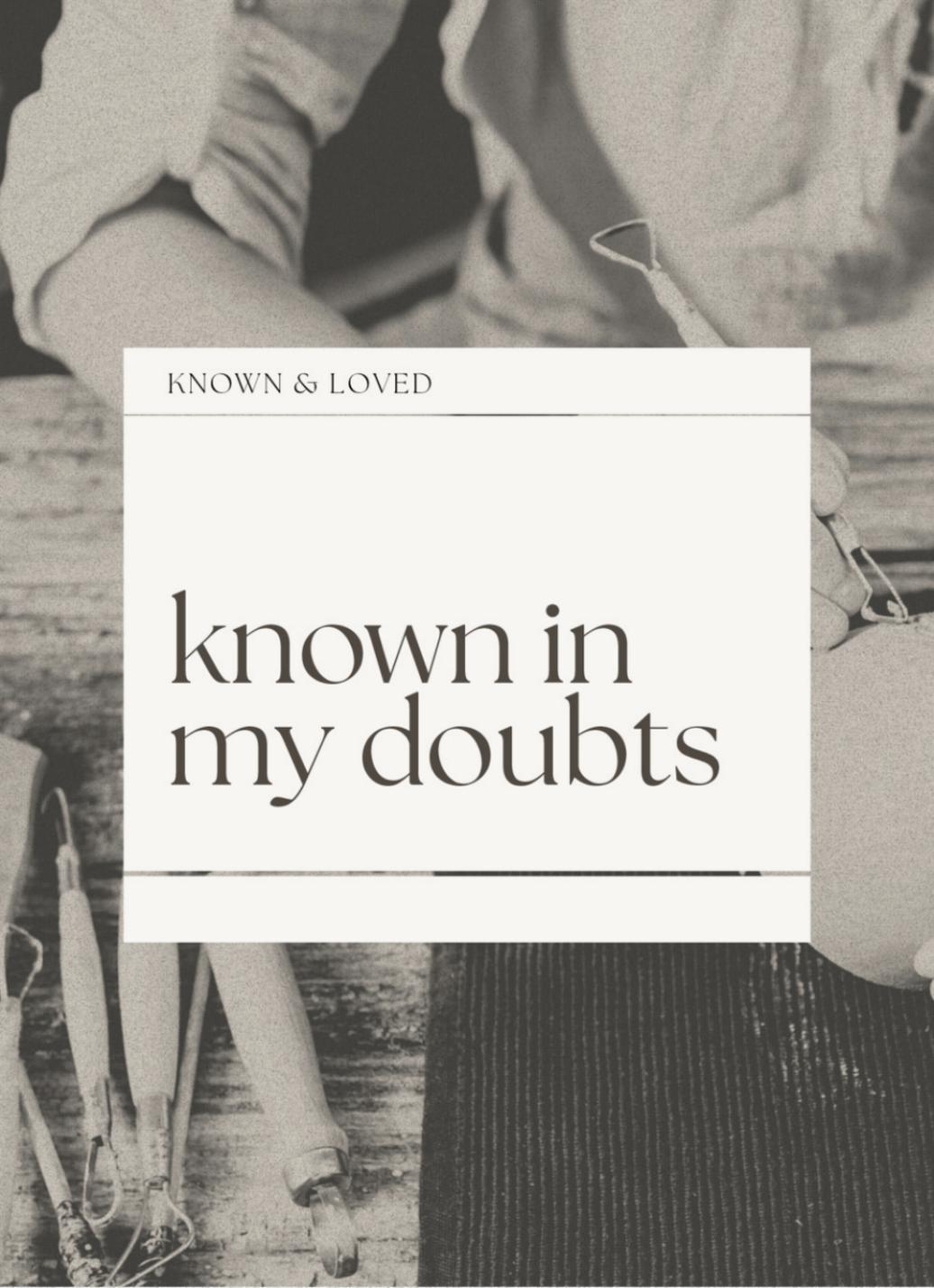
Look deep into my heart, God, and find out everything I am thinking. Don't let me follow evil ways, but lead me in the way that time has proven true.

Selected verses from Psalm 139, Contemporary English Version

A black and white photograph of a person's hands holding a bowl of fruit. The person's hands are visible at the top and sides of the bowl, which is filled with various fruits like apples and oranges. The lighting is soft, creating a contemplative mood. A large black rectangular box is centered over the image, containing white text.

Take a moment to sit with this truth:

You are already fully known—
and fully present with God.



KNOWN & LOVED

known in
my doubts

God is not threatened by your doubts and questions. He already knows them – and He stays.

Reflect

- What questions have you been afraid to say out loud?
- What feels unresolved, confusing, or unfinished in your faith?

Response

Journal honestly. Then write a prayer offering these questions to God, without trying to fix or explain them.

known in my doubts

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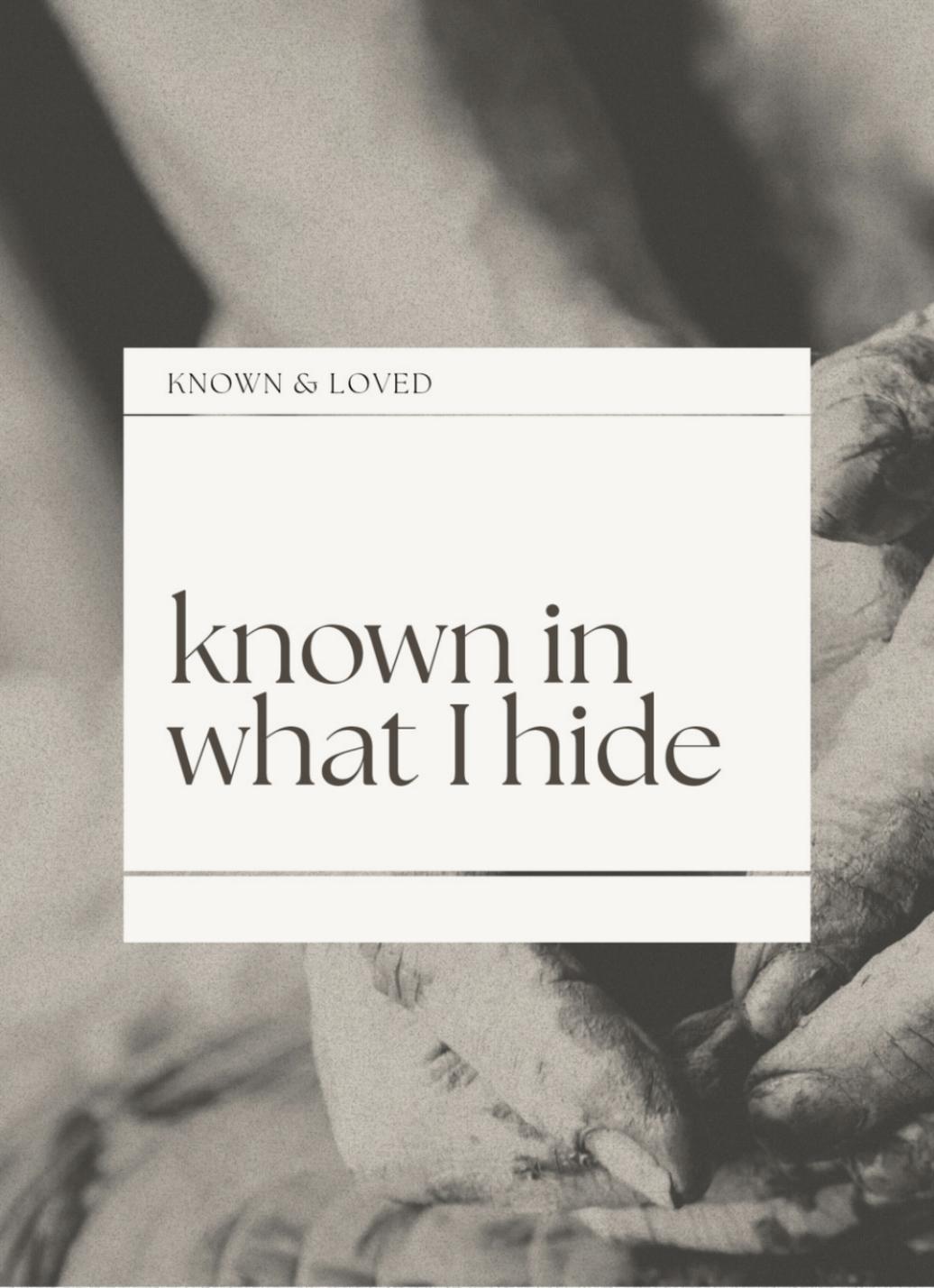
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known in my doubts



KNOWN & LOVED

known in
what I hide

God's knowledge of you is not harsh—it is gentle and patient.

Reflect

- What part of you feels unsafe to be seen? A habit. A memory. A label. A version of yourself you've been carrying alone.

Response

Write it down using the card provided. Then tear it up slowly while praying silently.

known in what I hide

Afterward, sit quietly for a moment.

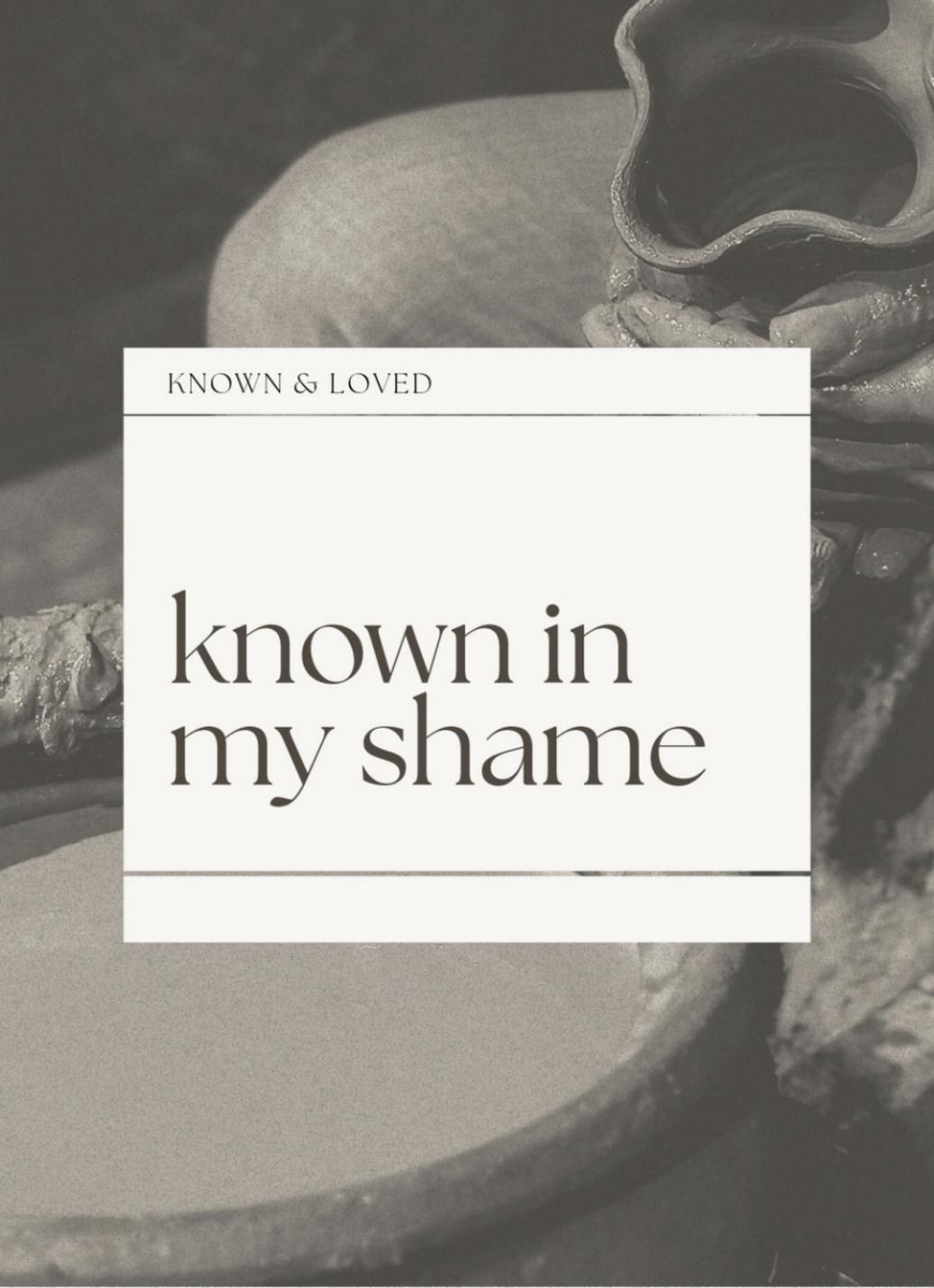
Notice that nothing has changed about God's nearness.

You are not exposed here. You are covered.

Prayer: Jesus, I stop hiding from the One who already knows—and still stays.

known in what I hide





KNOWN & LOVED

known in
my shame

Shame loses its power when it is brought into the light of grace.

Reflect

- What shame has been clinging longer than it should?

Response

Write a word or phrase that names your shame on the card provided.

Place the card face down.

Open your hands as a sign of release.

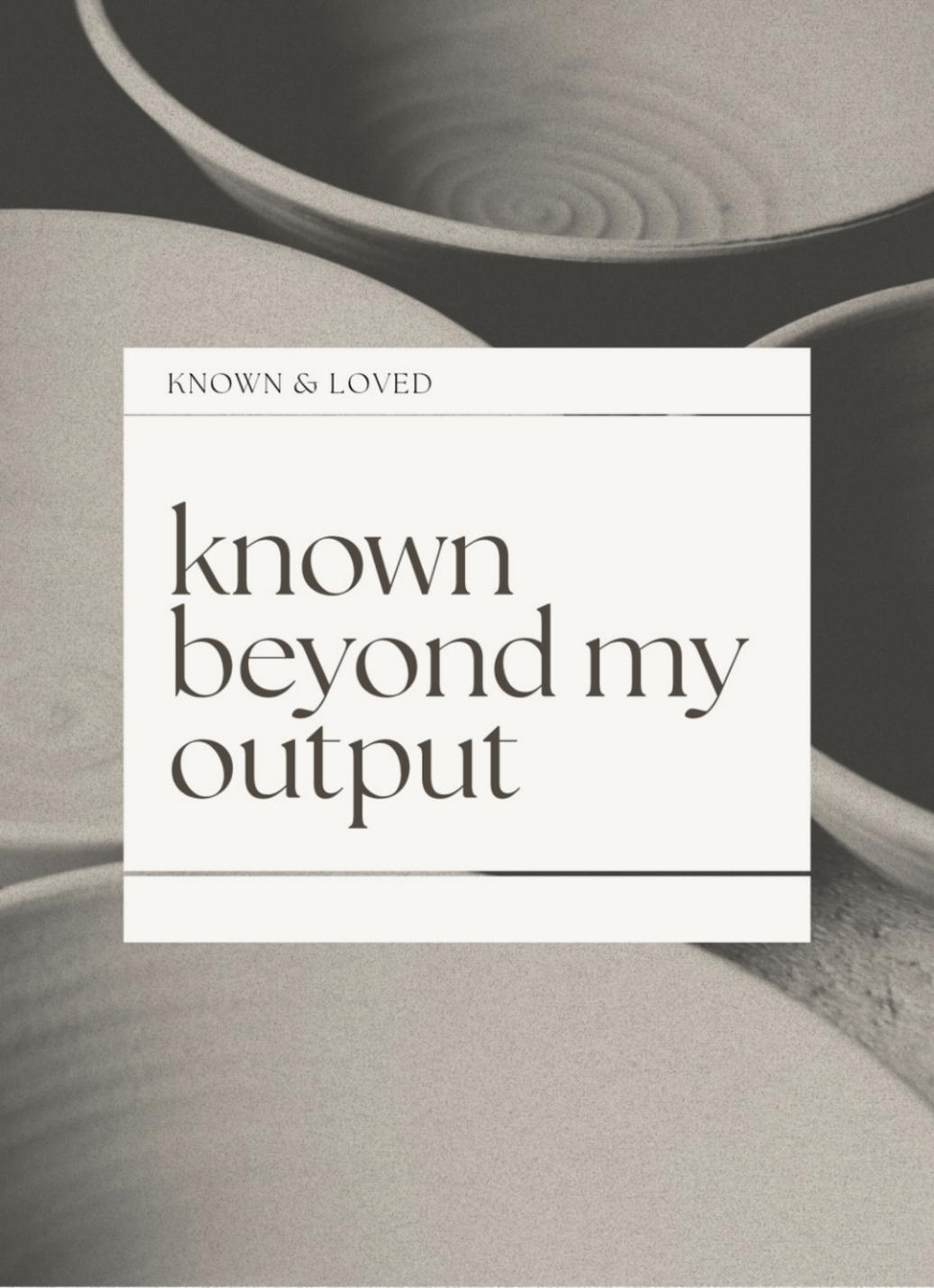
known in my shame

Prayer: Jesus, You carried this before
I ever named it. I place it into Your
hands. Thank you for Your grace and
forgiveness.

Sit quietly and receive His
compassion.

known in my shame





KNOWN & LOVED

known
beyond my
output

You are not loved for what you do.
You are loved because you are His.

Reflect

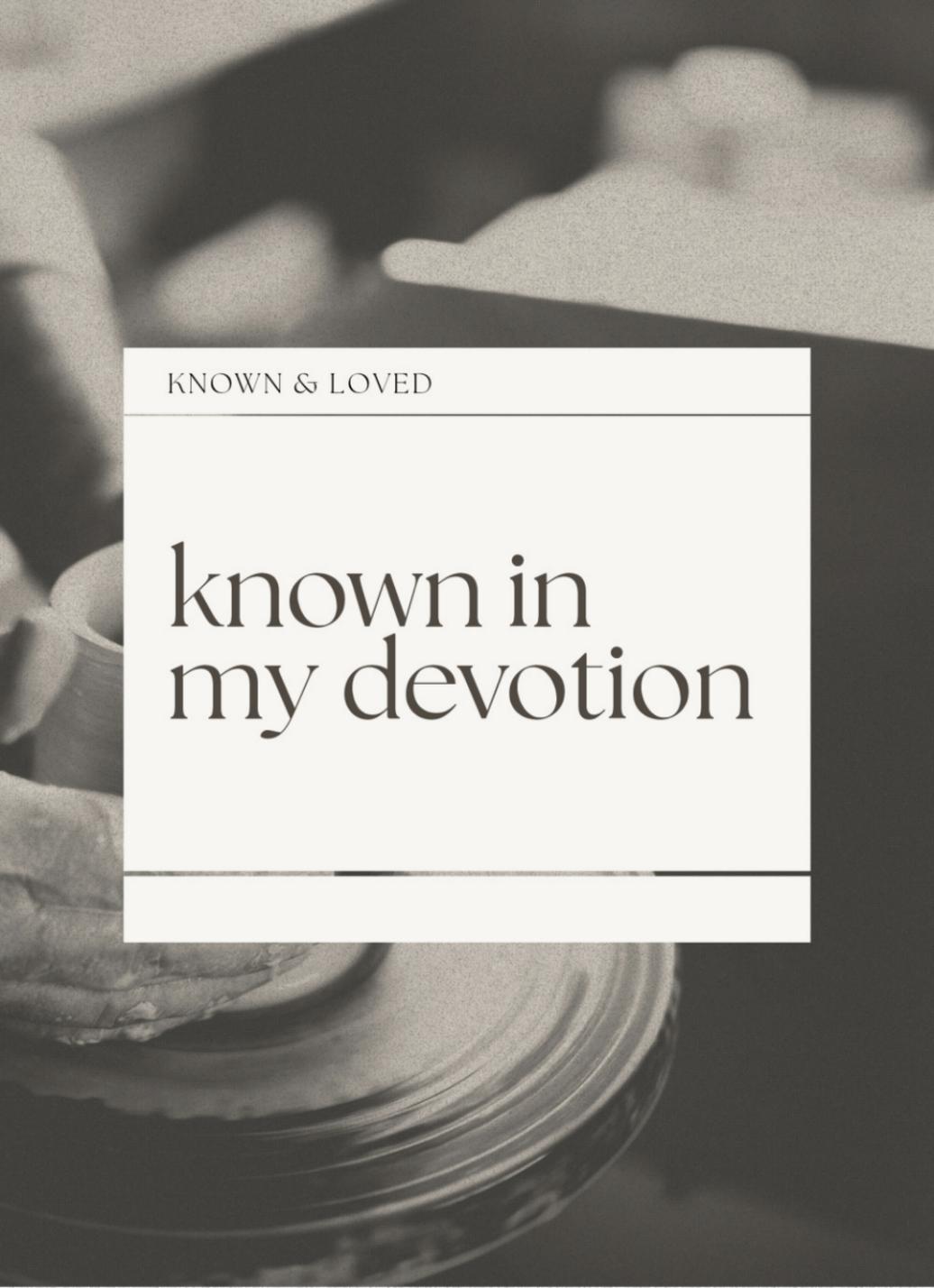
- Where have you tied your worth to productivity, success, or being impressive?
- Who would you be if you didn't have to prove anything?

Response

Sit in silence for two minutes with no goal. Place your hand over your heart and say: "I am loved apart from what I produce."

Let yourself receive the love that does not depend on your performance.

known beyond my output

A black and white photograph of hands holding a glass, with a white text box overlaid. The text box contains the words "KNOWN & LOVED" at the top, followed by a horizontal line, and then the phrase "known in my devotion" in a large, elegant serif font. Below the main text box is another horizontal line.

KNOWN & LOVED

known in
my devotion

"Love the Lord your God with all your heart, with all your soul, and with all your strength." Deuteronomy 6:5

This command is not about striving—it is about relationship. Wholehearted love and devotion grows as a response to being loved first.

To love God with all that we are is not perfection, but attention. It is returning again and again—heart, soul, strength—to the One who already holds us.

known in my devotion

Reflect

- Where is God inviting your attention right now?
- What might it look like to love Him more honestly, not more impressively?

Response

Write a prayer expressing your desire to love God from a place of being known and loved.

known in my devotion

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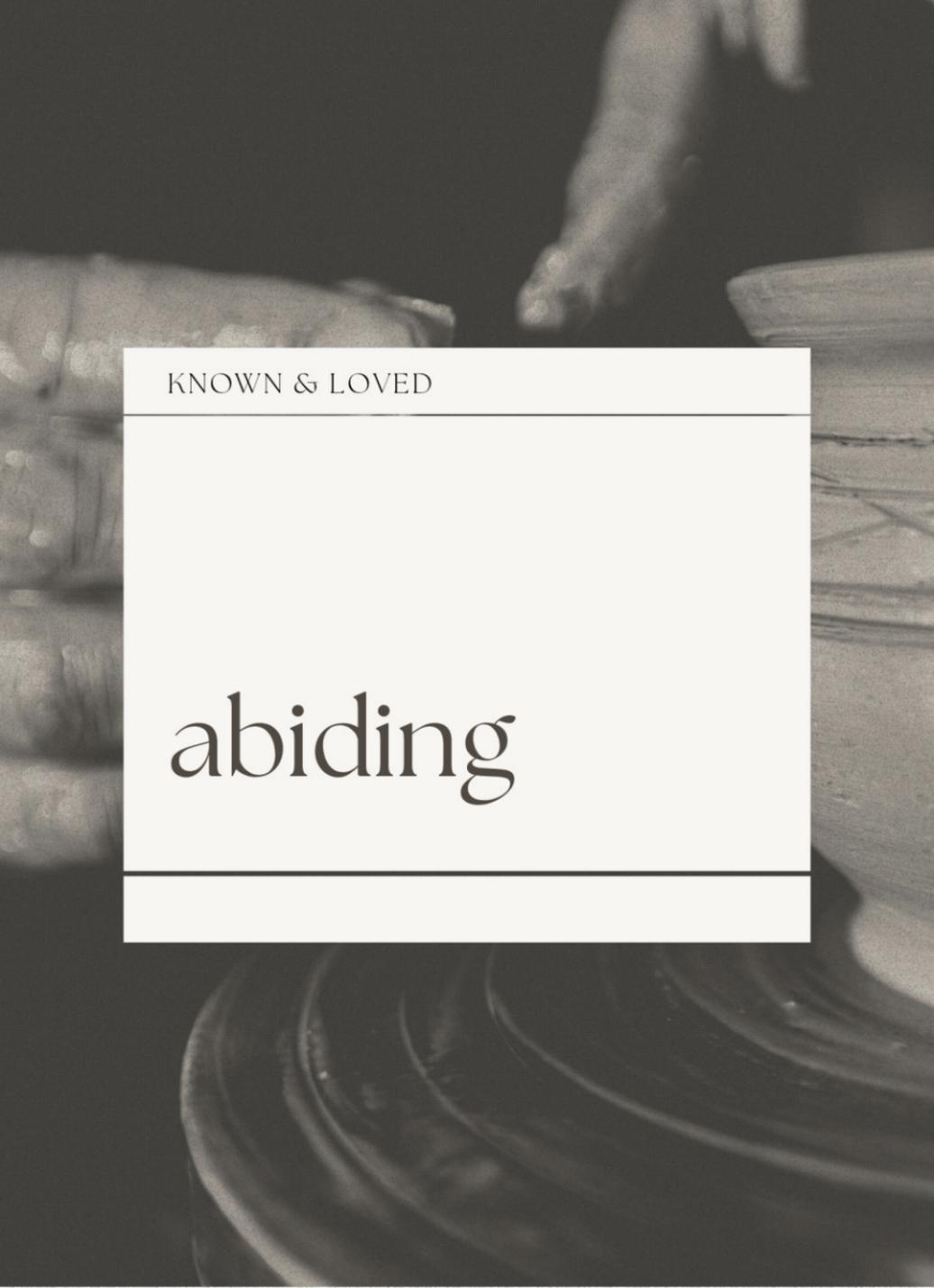
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known in my devotion



KNOWN & LOVED

abiding

Abiding is not effort—it is remaining. Abiding is what becomes possible when we trust that we are already known and loved.

Read John 15:1-5

I am the true vine, and My Father is the keeper of the vineyard. My Father examines every branch in Me and cuts away those who do not bear fruit. He leaves those bearing fruit and carefully prunes them so that they will bear more fruit; already you are clean because you have heard My voice.

Abide in Me, and I will abide in you. A branch cannot bear fruit if it is disconnected from the vine, and neither will you if you are not connected to Me.

I am the vine, and you are the branches. If you abide in Me and I in you, you will bear great fruit. Without Me, you will accomplish nothing.

abiding

Reflect

- What does abiding look like in your life?
- Are there areas of your life that you are trying to manage on your own, apart from Christ?
- Are there distractions that keep you from having a deeper relationship with God?

Response

Take time to rest in the presence of God. Focus on the reality of God's nearness. Open your heart to receive all the love He has for you in this present moment.

abiding

Listen to the song “Known By You” by scanning the QR code.

As you listen, receive the truth that God’s love for you is not fragile. It is steady, personal, and present.



abiding



KNOWN & LOVED

still wanted

You are fully seen ... and still chosen.

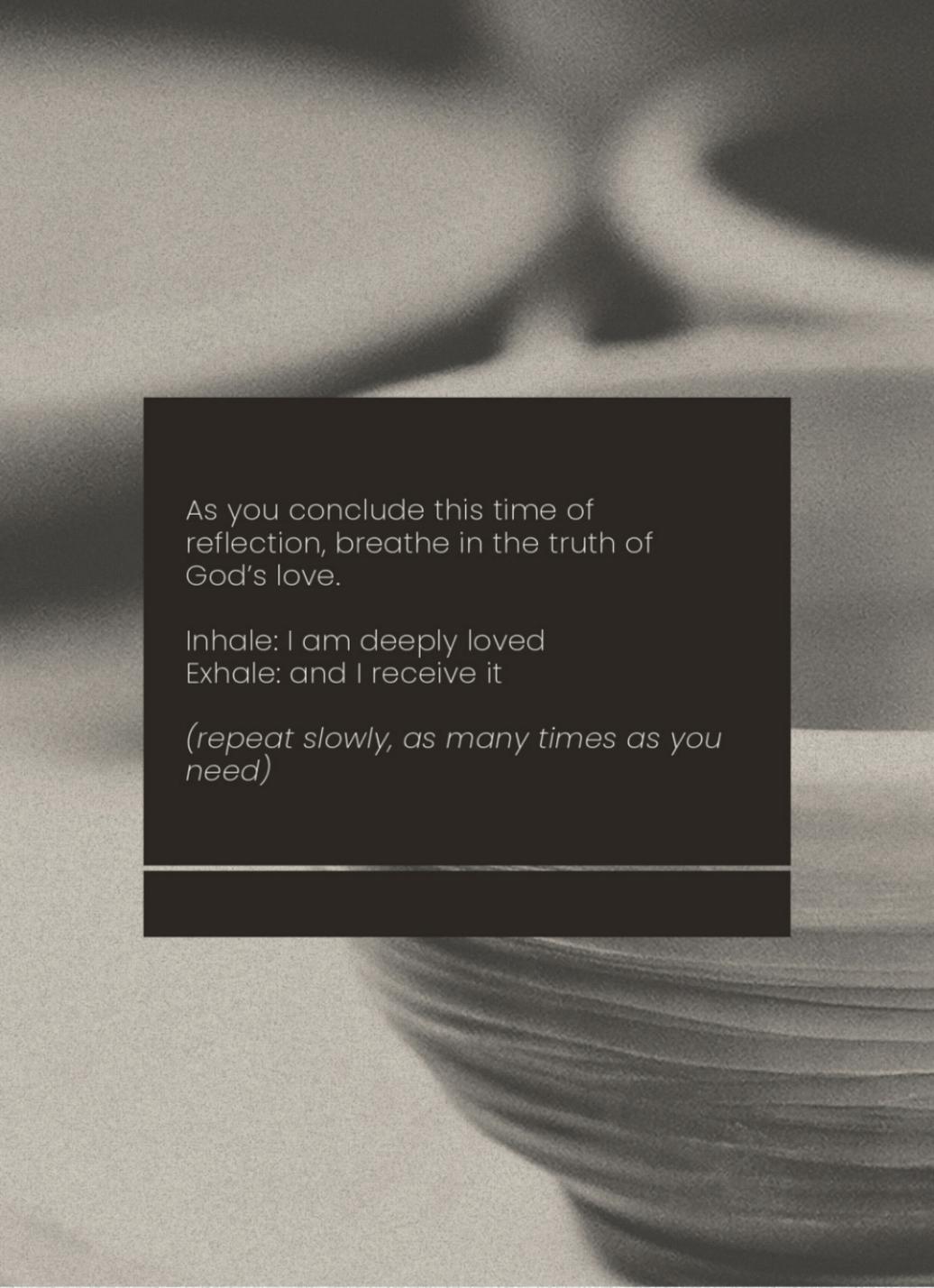
Reflect

- What would change if you truly believed this was true today?

Response

Sit with your hands open and receive God's delight in you. Journal His voice.

still wanted



As you conclude this time of reflection, breathe in the truth of God's love.

Inhale: I am deeply loved
Exhale: and I receive it

(repeat slowly, as many times as you need)

THE ONE WHO ABIDES

You abide forever.
What a thought!
I pause to marvel at what this means.
"I will never leave you nor forsake you."

Like a branch woven into the vine,
I draw life from Your constant love,
nourished by a grace that never runs
dry.

Shape my heart until I'm so deeply
rooted in You that I can't tell where I
end and You begin.
Strengthen me to remain close,
even when life feels barren and dry.

Jesus, teach me to live in Your
presence,
to be with You in Your vineyard all day
long, grasping again and again what
it means to be connected to the Vine.

Amen.

Taken from Heart Gardening by Brittany Litster



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