



## SEASON 10 EP.5

# Daughter: Seen, Known, Loved, Delighted In- The Core Needs of a Daughter



### GROUP QUESTIONS

1. What stood out to you from this week's episode?
2. How have you felt seen, known, and loved by God and others recently? In what areas of your heart and life do you still long to experience that?
3. What counterfeit needs (I need a break, I need to watch tv, etc.) do you often substitute for your real need (I need to be acknowledged, seen, loved)? How can you take time to pause and ask yourself what you truly need in particular moments throughout your day?
1. Do fears of rejection or being seen as 'needy' prevent you from expressing your needs and desires to those who want to love you? How can you better articulate your needs to your community, family, and God?
2. How is the fruit of joy abundant and fragrant in your life? If not, what is at the root of that?

### LECTIO DIVINA

...I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine...be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen." - Ephesians 3:14-21

### JOURNAL QUESTIONS

1. Are there areas of your heart that you have shut down or relationships you have 'canceled' because someone did not meet your need to be seen, known, and loved? How might God be asking you to give yourself or another person a new chance?
2. Take a moment to reflect on any memories or experiences from your childhood where you did not feel seen, known, and loved. Invite God to restore and heal these moments and fill any gaps that may have been created.
3. Write down some practical ways you can notice, affirm, and show greater love towards those who have been entrusted to you in your family and community.

### QUOTE TO PONDER

"Your great trust in Me forces me to continuously grant you graces. You have great and incomprehensible rights over My Heart, for you are a daughter of complete trust."

- Jesus to St. Faustina

