



The Courage to Be Known

A 4-PART STUDY ON MIND, SPIRIT, AND LETTING GOD IN

We often approach God with our best foot forward. We polish our prayers, hide our heavy days, and pretend we have it all together. But your mind and spirit were not designed to carry the weight of life in isolation. This study is an invitation to stop hiding. It's about the profound relief that comes when we finally let God get to know us exactly as we are right now.

Note: This Bible study is intended for personal spiritual growth and reflection only. It is not a substitute for professional counseling, medical advice, or mental health treatment.

SESSION 1

The Safety of Being Seen

THE SCRIPTURE

"O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar... Search me, O God, and know my heart! Try me and know my thoughts!"

PSALM 139:1-2, 23

THE SCIENCE OF YOUR MIND

Deep within your brain is a structure that acts as your personal alarm system, constantly scanning for rejection. When we pretend everything is fine, this alarm stays on high alert. However, neuroscience shows that experiencing a safe, secure relationship—where we are fully seen without judgment—physically signals the nervous system to stand down. Connection calms the mind.

THE SPIRITUAL TRUTH

David starts this Psalm by acknowledging God *already* knows him. Yet, by the end, he invites God: "Search me." Letting God get to know you means moving from the idea that "God sees everything" to the active choice of saying, "God, I am showing this to You."

1. In what areas of your life are you currently trying to "keep it all together" so nobody sees you struggling?

2. What would it look like this week to bring your most unfiltered, unpolished thoughts to God?

SESSION 2

Naming the Heavy Stuff

THE SCRIPTURE

"And he asked him, 'What are you doing here, Elijah?' He replied, 'I have been very zealous for the Lord God Almighty... I am the only one left, and now they are trying to kill me too.'"

1 KINGS 19:9-10

THE SCIENCE OF YOUR MIND

Brain imaging reveals a phenomenon often called "name it to tame it." When you put a specific word to a heavy emotion, brain activity moves away from the emotional, reactive centers and up into the logical, processing areas. Simply naming your struggle out loud physically cools down emotional heat.

THE SPIRITUAL TRUTH

When God found an exhausted Elijah in a cave, He didn't immediately preach to him or tell him to cheer up. He asked: "What are you doing here?" God invited Elijah to name his pain, knowing that putting our heavy feelings into words is the first step toward walking out of the cave.

1. When you are having a hard day, do you try to ignore the feeling, or do you take time to name what is actually bothering you?

2. Write down three honest words that describe how you feel in this current season of life. Take a moment to present those words to God.

SESSION 3

Blazing New Trails

THE SCRIPTURE

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

ROMANS 12:2

THE SCIENCE OF YOUR MIND

Your brain is highly adaptable (neuroplasticity). Think of thoughts like walking through a grassy field. The more you walk a path, the more permanent the dirt trail becomes. If you practice worry, your brain builds a superhighway for it. But when you practice new habits, you physically wire new pathways.

THE SPIRITUAL TRUTH

"Renewing of your mind" describes a total shift in how we process the world. We let God get to know us by bringing Him our daily habits of thought. If your "well-worn trail" is assuming you are a burden, renewing your mind means stopping, turning to God, and choosing the path of trust instead.

1. What is a "well-worn trail" of negative thinking that you find yourself automatically walking down?

2. What is one new truth you want to practice bringing to God every morning to start building a new path?

SESSION 4

The Courage to Rest

THE SCRIPTURE

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

MATTHEW 11:28-29

THE SCIENCE OF YOUR MIND

Your nervous system has two gears: action/survival, and rest/recovery. Our modern world keeps us stuck in the action gear. But your brain cannot properly lock in memories, solve complex problems, or experience deep empathy unless it shifts into recovery. Rest is a biological requirement.

THE SPIRITUAL TRUTH

Letting God get to know you means letting Him see you when you aren't producing, achieving, or serving. It takes profound trust to stop moving and just *be* in God's presence. When we accept His invitation to rest, we give our minds the quiet space they physically need to heal.

1. Does taking a break feel refreshing to you, or does it make you feel guilty for not being productive?

2. This week, how can you carve out 15 minutes of quiet time not to read, not to study, but simply to sit and let God be with you?
