



**SOCIAL FIRE**  
FAITH. COMMUNITY. PURPOSE.

# SEEN BY GOD



A GUIDED JOURNEY FROM  
INVISIBILITY TO IDENTITY

**BIBLE STUDY JOURNAL**



SCRIPTURE  
REFLECTION



DEEPEN YOUR  
JOURNEY



PRAYER  
PROMPTS



PRACTICAL  
APPLICATION



COMMUNITY  
ENCOURAGEMENT

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Seen By God: A Guided Journey From Invisibility to Identity

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The content of this workbook is intended for spiritual growth, biblical education, discipleship, personal reflection, and encouragement. It is not intended to replace professional counseling, medical care, legal advice, or financial guidance.

### ABOUT THIS STUDY

Seen By God: A Guided Journey From Invisibility to Identity was created to help believers discover their identity through God's Word and overcome the lies of invisibility, rejection, discouragement, and disqualification.

Throughout this study, participants are encouraged to examine scripture deeply, reflect honestly, pray intentionally, and embrace the truth of who God says they are.

Through the stories of biblical men and women who experienced rejection, waiting seasons, uncertainty, and challenges, participants will discover that God sees them, knows them, loves them, and continues to call them according to His purpose.

Our prayer is that every participant grows in confidence, spiritual maturity, biblical understanding, and a deeper relationship with Jesus Christ.

### MISSION STATEMENT

Social Fire Sanctuary exists to ignite faith, strengthen believers, build authentic community, and help people grow in their relationship with Jesus Christ through biblical teaching, discipleship, encouragement, prayer, and spiritual development.

### PUBLISHED BY

Social Fire Sanctuary

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First Edition

2026

"Seen. Known. Loved. Called."

Helping believers discover their identity in Christ and walk confidently in God's purpose.

# WELCOME



## Welcome to Seen By God.

This journal was created for anyone who has ever felt overlooked, forgotten, or invisible. God sees your heart.

Throughout this journey, you will discover the powerful truth that you are seen, known, loved, and purposed by a God who sees everything and misses nothing.

Your identity is found in Christ.

Over the next few weeks, we will explore scripture, engage in honest reflection, and take steps to break free from the lies of invisibility so you can walk in the truth.

This journal is for you. There is no rush and no rules—just a safe space to encounter God, grow in His truth, and live as who He calls you to be.

### BEFORE YOU BEGIN:



Pray and invite God into this journey.



Be honest and open in your answers.



Trust that God will meet you right where you are.



**YOU ARE SEEN. KNOWN. LOVED. CALLED.**



# HOW TO USE THIS JOURNAL



## READ THE STORY

Read the scripture and devotion questions carefully.



## REFLECT HONESTLY

Answer the reflection questions with honesty and openness.



## PRAY CONSISTENTLY

Use the prayer prompts to pour out your heart to God.



## JOURNAL YOUR JOURNEY

Keep a personal journal to record your prayers, reflections, and discoveries so you can look back and see your spiritual growth.



## APPLY WHAT YOU LEARN

Take action on what God shows you each week.



## ENGAGE IN COMMUNITY

Join the conversation and grow together on Purpose.

*Growth happens*

ONE TRUTH, ONE PRAYER, AND  
ONE JOURNAL ENTRY AT A TIME. 

## ✨ BEFORE YOU BEGIN

- I commit to showing up consistently
- I commit to studying God's Word
- I commit to applying what I learn
- I commit to being honest with God

Name



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**MODULE 1**

# GOD SEES YOU



*Breaking The Lies  
Of Invisibility*



## SECTION 1

# Scripture Investigation

## KEY SCRIPTURES

Genesis 16:13

“She gave this name to the Lord who spoke to her: ‘You are the God who sees me.’”

Isaiah 43:1

“Fear not, for I have redeemed you; I have called you by name; you are mine.”

Psalms 139:1

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

Hebrews 13:5

“I will never leave you nor forsake you.”

## HAGAR IN THE WILDERNESS

Hagar's story is one of the clearest examples of emotional abandonment in scripture.

She was rejected, mistreated, exhausted, and sent away carrying pain nobody around her stopped to address.

She found herself isolated in the wilderness believing she had been discarded.

Yet God met her there.

Not after everything improved.

Not after people apologized.

Not after life became easier.

God met her directly in the middle of the wilderness.

One of the most powerful moments in this story is when Hagar realizes:

God sees her personally.

The same God who saw Hagar still sees you.

## ***Genesis 16:1-13***

### **Observation**

What circumstances led Hagar into the wilderness?

### **Observation**

List three emotions Hagar may have been experiencing.

- 1.
- 2.
- 3.

### **Discovery**

What did God do for Hagar before her situation changed?

### **Personal Reflection**

Have you ever felt overlooked, abandoned, or forgotten by people?

Describe that experience.

### **Application**

How does Hagar's story challenge the belief that God has forgotten you?

## **Isaiah 43:1**

### **Fill In The Scripture**

**Fear not, for I have \_\_\_\_\_ you;  
I have called you by \_\_\_\_\_;  
you are \_\_\_\_\_.**

### **Observation**

**What three actions does God take in this  
verse?**

- 1.
- 2.
- 3.

### **Reflection**

**How would your life change if you truly  
believed you belonged to God?**

### **Identity Declaration**

**Complete the statement:**

**Because God has redeemed me, I no longer  
have to believe:**

## ***Psalm 139:1-18***

### **Discovery**

Write three things this passage teaches about God.

- 1.
- 2.
- 3.

### **Discovery**

What does this chapter reveal about how well God knows you?

### **Fill In The Scripture**

Look up Psalm 139:14 and complete it.

I praise You because I am \_\_\_\_\_  
and \_\_\_\_\_ made.

### **Reflection**

What part of yourself do you struggle to believe God intentionally created?

### **Identity Check**

Which verse in Psalm 139 speaks most directly to your current situation?

Why?

**Hebrews 13:5**

**Fill In The Scripture**

**"I will never \_\_\_\_\_ you nor  
\_\_\_\_\_ you."**

**Reflection**

**What situations have caused you to question  
God's presence?**

**Reflection**

**How does this promise challenge those fears?**

## **CONNECTING THE FOUR SCRIPTURES**

**1. *What common theme do you see in all four passages?***

**2. *Which scripture challenged you the most? Why?***

**3. *Which scripture brought you the most comfort?***

***Why?***

**4. *What lie has this study exposed?***

**5. *What truth will replace that lie?***

## IDENTIFYING THE LIES

Loneliness and rejection often create false beliefs that slowly shape identity.

Take time to reflect honestly.

### Reflection Questions

- What negative thoughts have I believed about myself lately?
- When do I feel most unseen or emotionally isolated?
- What situations have made me question my value?
- Have I connected my worth to people's approval or attention?
- What emotions have I been hiding from others?

## JOURNAL PROMPT

Write honestly about a season where you felt overlooked, rejected, abandoned, or emotionally exhausted.

What impact did it have on your identity and relationship with God?



### PRAYER JOURNAL

God, I need healing from:

God, I am struggling with:

God, help me trust You with:

Today I thank You for:

## SECTION 2 — STOP AGREEING WITH INVISIBILITY

The enemy attacks identity before purpose.  
If he can convince someone they are forgotten,  
unseen, unworthy, or disconnected from God, he  
can weaken confidence, obedience, and spiritual  
growth.

However, scripture says:

- God knows your name
- God sees your struggle
- God hears your prayers
- God understands your pain
- God has not abandoned you

People may overlook you.

God does not.

People may misunderstand you.

God does not.

People may walk away.

God remains.

Your value was never supposed to be built on  
human approval.

SECTION 2 —  
REPLACING LIES WITH TRUTH

The enemy attacks identity first.  
However, God's truth is stronger than every lie.

Common Lies vs God's Truth

Lie:

"I am forgotten."

Truth:

God sees me and knows me personally.

---

Lie:

"I do not matter."

Truth:

I was created with purpose and value.

---

Lie:

"I am alone."

Truth:

God is with me even in difficult seasons.

---

Lie:

"My pain ruined my future."

Truth:

God still has purpose for my life.

---

PERSONAL TRUTH DECLARATIONS

Write your own truth declarations below based on scripture.

Example:

"I am loved by God even when I feel rejected."

## SECTION 3 — LONELY SEASONS CAN PRODUCE SPIRITUAL STRENGTH

Wilderness seasons feel uncomfortable because they expose what people usually distract themselves from.

However, throughout scripture, God repeatedly uses wilderness seasons for:

- healing
- strengthening
- preparation
- clarity
- transformation

Sometimes isolation is not punishment. Sometimes God is rebuilding you privately before elevating you publicly.

Lonely seasons can either break identity or rebuild it depending on whose voice you believe.

## FIRE STARTER TRUTH

Read this slowly:

I am not forgotten.

I am not abandoned.

I am not invisible.

I am not disqualified.

God still sees me.

God still loves me.

God still has purpose for my life.

## REFLECTION QUESTIONS

1. What lies have loneliness or rejection caused you to believe about yourself?
2. In what areas of life have you felt emotionally invisible?
3. How has your identity been shaped by people's opinions or treatment?
4. What would change if you fully believed God sees and values you?
5. What is God trying to heal or rebuild in this season?

## WEEKLY ACTIVATION

Every day this week:

- Spend 10 uninterrupted minutes with God
- Remove distractions completely
- Write down one negative belief about yourself
- Replace it with scripture truth
- Speak identity affirmations out loud daily

## IDENTITY AFFIRMATIONS

- I am seen by God.
- I am loved by God.
- I am chosen by God.
- I am not forgotten.
- My pain does not cancel my purpose.
- My loneliness does not define my identity.
- God is rebuilding me.

## PRAYER

Lord, break every lie rooted in rejection, abandonment, loneliness, and emotional exhaustion. Heal the places in me that have believed I am forgotten or invisible. Help me rebuild my identity through Your truth instead of people's opinions. Teach me to recognize Your presence even in difficult seasons. Remind me daily that You still see me, still love me, and still have purpose for my life. In Jesus' name, Amen.

## COMMUNITY DISCUSSION

What part of this module challenged or encouraged you the most?



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**MODULE 2**

# REJECTION IS **NOT** YOUR **IDENTITY**



*Breaking Free From  
The Need For  
Human Approval*

“

You are fearfully and  
wonderfully made...  
You are Mine.

**PSALM 139:14**



## SECTION 1

# Scripture Investigation

## KEY SCRIPTURES

John 1:11-12

“Rejected by people. Accepted by God.”

1 Samuel 16:1-13

“David was overlooked by his own family.”

Galatians 1:10

“Living for God's approval instead of people's approval.”

Romans 8:38-39

“Nothing can separate us from God's love.”

## Rejection is painful because it strikes at identity.

People often ask:

"What's wrong with me?"

"Why wasn't I chosen?"

"Why wasn't I included?"

"Why wasn't I enough?"

However, rejection often says more about the other person's limitations than your value.

Throughout scripture, many people experienced rejection:

- Joseph
- David
- Moses
- Jeremiah
- Paul
- Jesus

Being rejected does not mean you are disqualified.

Being rejected does not mean you are unworthy.

Being rejected does not mean God has abandoned His purpose for your life.

This module is about breaking agreement with rejection and rebuilding identity through God's acceptance.

## **1 Samuel 16:1-13**

### **Observation**

***How was David treated differently from his brothers?***

### **Discovery**

***What did God see in David that others missed?***

### **Reflection**

***Have you ever felt overlooked, underestimated, or dismissed?***

***Describe that experience.***

### **Application**

***How does David's story challenge the belief that being overlooked means you are unimportant?***

## ***John 1:11-12***

### ***Fill In The Scripture***

***"He came to His own, and His own  
\_\_\_\_\_ Him not."***

### ***Reflection***

***How does knowing Jesus experienced  
rejection change your perspective on your  
own experiences?***

### ***Identity Check***

***What does this passage teach about  
belonging?***

## ***Galatians 1:10***

### ***Fill In The Scripture***

***Am I now trying to win the approval of  
\_\_\_\_\_ or of \_\_\_\_\_?***

### ***Reflection***

***Whose approval do you seek most often?***

### ***Reflection***

***How has seeking human approval affected  
your decisions?***

## ***Romans 8:38-39***

### ***Discovery***

***List everything this passage says cannot separate you from God's love.***

- 1.
- 2.
- 3.
- 4.
- 5.

### ***Reflection***

***What situation currently makes you question God's love?***

### ***Truth Check***

***What does Romans 8 say about that fear?***



## **CONNECTING THE FOUR SCRIPTURES**

### ***Module 2 — Rejection Is Not Your Identity***

***1. What common theme do you see in all four passages?***

***(John 1:11-12, 1 Samuel 16:1-13, Galatians 1:10, Romans 8:38-39)***

***2. Which scripture challenged you the most?  
Why?***

***3. Which scripture brought you the most  
comfort?***

***Why?***

***4. What lie has this study exposed?***

***5. What truth will replace that lie?***

## Section 2

### REJECTION INVENTORY

*What rejection still affects you today?*

*What message did that rejection teach you?*

*Is that message biblical?*

*Yes*

*No*

*Why?*

# FIRE STARTER TRUTH

Read slowly:

I am accepted by God.

I am chosen by God.

I am loved by God.

I am not defined by rejection.

I am not defined by disappointment.

I am not defined by other people's opinions.

My identity is found in Christ.



## PRAYER JOURNAL

Lord, reveal any areas where rejection has shaped my identity more than Your truth.

Show me where I have allowed other people's opinions to determine my worth.

Help me release old wounds and fully embrace my identity as Your child.

Teach me to seek Your approval above all else.

Amen.

## ✨ WEEKLY HEART CHECK

Before moving to the next module,  
complete the following:

The rejection I am releasing:

The truth I am embracing:

The area God is healing:

The promise I am holding onto:

One thing I will do differently this  
week:

## COMMUNITY DISCUSSION

What rejection has God helped you see differently through this module?

What truth challenged you the most?



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**MODULE 3**

# GOD IN THE WAITING



*Trusting God  
In The In-Between*

“

But those who hope  
in the Lord will renew  
their strength.  
They will soar on wings  
like eagles; they will run  
and not grow weary,  
they will walk  
and not be faint.

**ISAIAH 40:31**



## SECTION 1

# Scripture Investigation

## KEY SCRIPTURES

Psalm 27:13-14

Waiting with confidence in God's goodness.

Isaiah 40:28-31

Renewing strength while waiting on the Lord.

Habakkuk 2:3

God's promises may seem delayed, but they are not forgotten.

Romans 8:28

God works all things together for good.

**Waiting is one of the hardest parts of the faith journey.**

We often want answers immediately.

We want clarity now.

We want breakthrough today.

However, God's timing rarely matches our expectations.

Waiting seasons can cause people to question:

- Is God listening?
- Did I miss His will?
- Has He forgotten me?
- Will this ever change?

Throughout scripture, God repeatedly used waiting seasons to prepare His people for what was coming next.

Waiting is not wasted.

God often works behind the scenes long before we see the results.

This module is about learning how to trust God when answers seem delayed.

## ***Psalm 27:13-14***

### ***Observation***

***What does David believe while he is waiting?***

### ***Reflection***

***What are you currently waiting on God for?***

### ***Application***

***How would your waiting season change if you fully trusted God's goodness?***

**Isaiah 40:28-31**

**Fill In The Scripture**

**Those who \_\_\_\_\_ upon the Lord  
shall renew their \_\_\_\_\_.**

**Discovery**

**What promises are given to those who  
wait on God?**

**Reflection**

**Where do you feel weary right now?**

## ***Habakkuk 2:3***

### ***Fill In The Scripture***

***Though it \_\_\_\_\_, wait for it; it will surely come.***

### ***Reflection***

***Have you ever confused a delay with a denial?***

### ***Discovery***

***What does this verse teach about God's timing?***

## ***Romans 8:28***

### ***Observation***

***What assurance does this scripture provide?***

### ***Reflection***

***What difficult situation are you trusting God to work through?***

### ***Application***

***How does this promise help you view your current season differently?***



## **CONNECTING THE FOUR SCRIPTURES**

***1. What common theme do you see in all four passages?***

***(Psalm 27:13-14, Isaiah 40:28-31, Habakkuk 2:3, Romans 8:28)***

***2. Which scripture challenged you the most?***

***Why?***

***3. Which scripture brought you the most comfort?***

***Why?***

***4. What lie has this study exposed?***

***5. What truth will replace that lie?***

## Section 2

### **WAITING SEASON INVENTORY**

*What are you currently waiting for?*

*What emotions have surfaced during this season?*

*How has waiting affected your faith?*

### **TRUSTING GOD'S TIMING**

*What is hardest about waiting?*

*What might God be teaching you during this season?*

*What evidence have you seen that God is still working?*

## FIRE STARTER TRUTH

Read slowly:

God is still working.

God is still faithful.

God is still present.

God is still preparing me.

My waiting is not wasted.

My delay is not my denial.

God's timing is perfect.



## PRAYER JOURNAL

Lord, help me trust You when I cannot  
see what You are doing.

Strengthen my faith during seasons of  
uncertainty.

Teach me to wait with confidence rather  
than fear.

Help me remember that Your timing is  
perfect and Your promises remain true.

Amen.

## ✨ WEEKLY HEART CHECK

The fear I am releasing:

The truth I am embracing:

The area God is growing in me:

The promise I am holding onto:

One thing I will do differently this  
week:

## COMMUNITY DISCUSSION

What are you currently trusting God for while you wait?

What truth from this module encouraged you the most? 🔥



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## MODULE 4

# YOU ARE STILL CALLED



*Walking In Purpose  
After Disappointment*



For I know the plans  
I have for you," declares  
the Lord, "plans to prosper  
you and not to harm you,  
plans to give you hope  
and a future.

**JEREMIAH 29:11**



**GOD'S CALLING ON YOUR LIFE IS GREATER  
THAN ANY REJECTION YOU'VE FACED.**



## SECTION 1

# Scripture Investigation



## KEY SCRIPTURES

Jeremiah 29:11

God's plans remain intact.

Romans 11:29

God's gifts and calling are irrevocable.

Ephesians 2:10

You were created for good works prepared in advance.

Philippians 1:6

God finishes what He starts.

**Many people believe their mistakes have disqualified them.**

Some believe they missed their opportunity. Others believe they waited too long, failed too much, or suffered too many setbacks.

The enemy wants people to believe:

- "It's too late."
- "I missed God's plan."
- "Someone else is more qualified."
- "My past ruined my future."

However, scripture repeatedly shows God using imperfect people to accomplish His perfect purposes.

God's calling is not based on perfection. It is based on His grace.

Your disappointments may have shaped your story, but they do not determine your destiny.

This module is about embracing the truth that God's purpose for your life still stands.

## ***Jeremiah 29:11***

### ***Fill In The Scripture***

***"For I know the \_\_\_\_\_ I have for you," declares the Lord.***

### ***Discovery***

***What does this verse reveal about God's intentions toward His people?***

### ***Reflection***

***Have you ever felt uncertain about God's plans for your future?***

## ***Romans 11:29***

### ***Fill In The Scripture***

***For God's gifts and His \_\_\_\_\_ are  
irrevocable.***

### ***Observation***

***What does irrevocable mean?***

### ***Reflection***

***How does this verse challenge the fear  
that you have lost your purpose?***

## *Ephesians 2:10*

### *Fill In The Scripture*

*For we are God's \_\_\_\_\_, created in  
Christ Jesus to do good works.*

### *Discovery*

*What does it mean to be God's  
workmanship?*

### *Reflection*

*What gifts, passions, or opportunities has  
God placed in your life?*

## ***Philippians 1:6***

### ***Fill In The Scripture***

***He who began a good \_\_\_\_\_ in you  
will carry it on to completion.***

### ***Reflection***

***What unfinished area of your life are you  
trusting God to continue working in?***

### ***Application***

***How does this verse encourage you to  
keep moving forward?***

 **CONNECTING THE FOUR SCRIPTURES**

**1. *What common theme do you see in all four passages?***

**(Jeremiah 29:11, Romans 11:29, Ephesians 2:10, Philippians 1:6)**

**2. *Which scripture challenged you the most?***

***Why?***

**3. *Which scripture brought you the most comfort?***

***Why?***

**4. *What lie has this study exposed?***

**5. *What truth will replace that lie?***

## **Section 2**

### **PURPOSE INVENTORY**

***What strengths has God given you?***

***What experiences has God used to shape you?***

***How might God use your story to help someone else?***



## FIRE STARTER TRUTH

Read slowly:

God is not finished with me.

My mistakes do not cancel my calling.

My setbacks do not cancel God's purpose.

My past does not determine my future.

God still has plans for my life.

God still has purpose for my life.

I am still called.



## PRAYER JOURNAL

Lord, help me release every belief that says I am disqualified from Your purpose.

Remind me that Your plans for my life remain secure in Your hands.

Give me courage to move forward in faith, even when I cannot see the full picture.

Help me trust that You are still working, still leading, and still calling me.

Amen.

## 🌟 WEEKLY HEART CHECK

The fear I am releasing:

The truth I am embracing:

The purpose I am stepping into:

The promise I am holding onto:

One step I will take this week toward  
God's calling:



## COMMUNITY DISCUSSION

What part of your calling have you been tempted to give up on?

Which scripture reminded you that God is not finished with you?

 FINAL DECLARATION

I am seen.

I am known.

I am loved.

I am accepted.

I am growing.

I am waiting with faith.

I am still called.

God is not finished with me.

 Seen. Known. Loved. Called.

A scenic landscape at sunset. A stone path leads up a hillside towards the sun, which is low on the horizon, creating a warm, golden glow. The sky is filled with soft, wispy clouds. The path is made of large, flat stones and is flanked by low-lying vegetation and rocks. The overall mood is peaceful and contemplative.

“

**THE SAME GOD  
WHO SAW THEM  
THEN, SEES YOU  
RIGHT NOW.**

