

GOD SEES ME

"You Know Me Fully"

Key Passages

Psalm 139:1-4 — "You have searched me, LORD, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, LORD, know it completely."

Psalm 34:15 — "The eyes of the LORD are on the righteous, and his ears are attentive to their cry."

Study Focus

Tom had learned to answer "How are you?" before the words even fully landed. "Fine, thanks," he'd say, moving quickly past anyone who might actually pause to hear the truth. The truth was that no one really knew what his life looked like. Not his coworkers who clocked out at five. Not his friends who asked once and didn't ask again. Not even his own parents, who loved him but had run out of words for the magnitude of what he and his wife carried every day.

Invisibility is one of the loneliest features of special needs parenting. The world sees a child who looks normal enough on the outside. It sees parents who seem to be managing. What it doesn't see are the 3am wake-ups, the insurance appeals, the phone calls to schools, the research sessions, the silent grief, the endless advocacy. You can be surrounded by people and feel profoundly unseen.

Psalm 139 speaks directly into that invisibility. David doesn't just say God knows about us—he says God has searched him. The Hebrew word means to explore thoroughly, to investigate completely. God doesn't observe from a distance; He is intimately, specifically, personally familiar with every detail of your life—including the parts you've never told anyone.

For the special needs parent who feels unseen, this is radical comfort. God knows your 3am. He knows the words you swallowed before they could become tears. He knows the sacrifice behind the "fine, thanks." And Psalm 34 adds that His ears are attuned specifically to the cry of those who trust Him. You are not invisible. You are the most known person in the universe to the God who made you.

Discussion Qs

Couples

1. In what ways do you feel unseen or misunderstood by the people around you as a special needs family?
2. How do you help each other feel truly known and seen within your marriage?
3. What does it mean to you as a couple that God is intimately familiar with every detail of your life?
4. How do you share with each other the parts of your struggle you haven't told anyone else?
5. What would change in your marriage if you both fully believed God sees and knows your specific situation?

Dads

1. When do you feel most invisible or unacknowledged as a special needs dad?
2. How do you carry the weight of things no one else sees without letting it isolate you?
3. What does it mean to you personally that God knows you completely—not just the strong version you show the world?
4. How do you open up about your own struggles when the culture around you expects dads to be stoic?
5. How does knowing that God sees you specifically change how you approach a hard day?

Moms

1. What aspects of your daily caregiving labor do you most wish others could see and understand?
2. When you feel unseen by friends, family, or the church, how do you keep from shutting down emotionally?
3. How does the truth of Psalm 139—that God has thoroughly searched and known you—speak to where you feel most invisible?
4. What helps you believe that God's attention is specifically and personally on you, not just on your child's needs?
5. How do you share the full reality of your life with someone you trust, rather than defaulting to "we're fine"?

Application: Spend ten minutes reading Psalm 139 slowly as a personal letter from God, replacing "David" with your own name. Write down one verse that speaks to where you feel most unseen.