

Nathanael's instinct to hide:

What Jesus does in response:

How He does it:

Questions for Reflection and Discussion

John 1:43-51

1. Think about a relationship where you have felt genuinely known and still accepted. What was it about that relationship that made it safe for you to be fully yourself?
2. Why do you think being fully known can feel frightening even when we deeply desire it? What are we afraid might happen if someone sees us as we really are?
3. Nathanael is amazed that Jesus knows something about him that Jesus seemingly could not have known. What do you imagine Nathanael felt in that moment—not just about Jesus knowing him, but about Jesus still inviting him to "Follow me"?
4. Where do you find yourself most tempted to curate what other people see about you? What makes it feel safer to keep that part of your life private?
5. How does it change your view of Jesus to think of Him as the One who sees everything about you and yet says, "Come with me"? Is that easy or difficult for you to believe? Why?
6. If Jesus really sees you—not just the version you present to others—what do you most need to receive from Him: forgiveness, acceptance, courage, comfort, or simply the assurance that you are not alone?
7. What would it look like this week to live a little less hidden because you are already fully known and fully loved by Jesus?