

WOVEN & KNOWN · READING PLAN NO. 1

A 7-DAY BEGINNER READING PLAN

"He Knows You"

SEVEN DAYS · SEVEN PASSAGES · ONE TRUTH

*Before I formed you in the womb I knew you,
before you were born I set you apart.*

JEREMIAH 1:5 · NIV

BEGIN

BEFORE YOU BEGIN

This isn't a study. There are no right answers, no essays to write, no theology to master. This is simply an invitation to *open the Bible and let it speak*.

Seven passages. One thread: the idea that God has always known you, always seen you — and that nothing changes that.

Come as you are.

1

Find a quiet moment
Even 10 minutes is enough.

2

Open your Bible or Bible Gateway
The translation for each day is listed. All are free online.

3

Read once through
Don't stop to analyse. Just read.

4

Read again, slowly
Notice what catches you. A word. An image. A question.

5

Make a note

6

That's enough
You did it. Well done.

A journal, your phone, or just hold it in your mind.

DAY 01

DAY 02

DAY 03

DAY 04

DAY 05

DAY 06

DAY 07

01

DAY 01

Before You Were Born

Psalms 139 : 1 – 18

CONTEXT

Psalms 139 is a poem written by King David — a man who had known great triumph and devastating failure. He writes this not from a mountaintop but from a place of deep honesty. He is not performing for God. He is sitting with the reality that God has always known him completely, and choosing to rest in that rather than hide from it.

NEW LIVING TRANSLATION (NLT)

You made all the delicate, inner parts of my body and knit me together in my mother's womb.

PSALM 139:13 · NLT

The NLT reads like someone speaking directly to you — warm, unhurried, and clear. A perfect translation to open with.

READ FULL PASSAGE AT BIBLE GATEWAY



WHAT TO NOTICE AS YOU READ

- Notice every verb David uses to describe what God does — search, know, understand, perceive, hem in. Count them.
- Where is David when he writes this? Is he at peace, or is there an undercurrent of something?
- The very last two verses shift. What does David ask for at the end, and why might that matter?

02

DAY 02

The God Who Sees

Genesis 16 : 1 – 13

CONTEXT

Hagar is an Egyptian slave woman — not a matriarch, not a hero of the faith. She has been used, mistreated, and driven out into the desert alone and pregnant. And yet God finds her. She gives God a name — and this is the only place in all of Scripture where a human being names God. That is not a small thing.

REFLECT

- *What would it feel like to be fully known and not run from it?*
- *Is there a word or image in this passage that stays with you?*

ENGLISH STANDARD VERSION (ESV)

So she called the name of the LORD who spoke to her, 'You are a God of seeing,' for she said, 'Truly here I have seen him who looks after me.'

GENESIS 16:13 · ESV

The ESV preserves the weight of the ancient text — which suits this story. These are serious, painful events, and the language honours that.

[READ FULL PASSAGE AT BIBLE GATEWAY](#)

WHAT TO NOTICE AS YOU READ

- Who initiates the encounter — Hagar or God?
- What is the very first thing the angel asks her? Why might that question matter?
- She gives God a name. This is the only place in the Bible where a human being names God. Sit with that.

REFLECT

- *Have you ever felt like you were somewhere no one could see you? What does this story say to that?*
- *What does it mean that God came to someone outside the 'main story'?*

THE MESSAGE (MSG)

God spoke: 'Let us make human beings in our image, make them reflecting our nature.' ... God looked over everything he had made; it was so good, so very good!

GENESIS 1:26, 31 · MSG

Eugene Peterson's paraphrase gives this ancient text a visceral freshness — the imagery of God forming Adam from soil and breathing into him reads almost like poetry.

[READ FULL PASSAGE AT BIBLE GATEWAY](#)

03

DAY 03

What You Were Made For

Genesis 1 : 26 – 31 + Genesis 2 : 7, 15 – 25

CONTEXT

Before anything goes wrong in the Bible — before betrayal, exile, or struggle — there is this. A God who creates on purpose, who steps back and calls it very good, who breathes life directly into human beings. This is the foundation. Whatever else the Bible says about brokenness, it says this first.

WHAT TO NOTICE AS YOU READ

- How does God create everything else in chapter 1 — and how is the creation of humans different in chapter 2?
- The phrase 'in our image' — what do you think that includes?
- Notice the rhythm of chapter 1. God speaks. It happens. God sees that it is good. What does that rhythm feel like?

- *You were called 'very good' before you did anything. How does that land?*
- *What does it mean to be made from earth but given divine breath?*

NEW INTERNATIONAL VERSION (NIV)

The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out.

JOHN 10:3 · NIV

The NIV balances readability with accuracy beautifully — for the Gospels especially, it allows the warmth of Jesus' words to come through clearly.

[READ FULL PASSAGE AT BIBLE GATEWAY](#)

04

DAY 04

When God Calls You By Name

John 10 : 1 – 15

CONTEXT

Jesus is speaking to a crowd in Jerusalem, many of whom are sceptical. He uses the image of a shepherd — something completely ordinary to his audience — to explain something extraordinary: that he knows each person individually. Not as a crowd. Not by type. By name.

WHAT TO NOTICE AS YOU READ

- In ancient shepherding, the shepherd walked ahead and the sheep followed. What does that suggest about how God leads?
- Jesus uses the phrase 'I am the good shepherd' — in John's Gospel, every 'I am' statement carries great weight. Note it.
- What is the contrast Jesus draws between a hired hand and a true shepherd?

- *What does it mean to you that you are known by name, not just as part of a group?*
- *Have you ever recognised a voice before you saw the face? What made it familiar?*

CHRISTIAN STANDARD BIBLE (CSB)

The LORD your God has chosen you to be his own possession out of all the peoples on the face of the earth.

DEUTERONOMY 7:6 · CSB

The CSB is fresh and precise — its rendering of Deuteronomy is direct and uncluttered, letting the logic of God's love speak without decoration.

[READ FULL PASSAGE AT BIBLE GATEWAY](#)


05

DAY 05

Chosen, Not Earned

Deuteronomy 7 : 6 – 9

CONTEXT

Moses is speaking to the Israelites before they enter the promised land. They are a small, former-slave nation — not impressive by the world's standards. And yet God chose them. Not because they earned it, not because they were the best option, but simply because He loved them and He is faithful. That logic has not changed.

WHAT TO NOTICE AS YOU READ

- What reasons does Moses give for why God chose them? What reasons does he rule out?
- Some translations use 'set his affection on' rather than 'devoted.' What does that feel like compared to a more formal word like 'selected'?
- Verse 9 ends with a statement about God's character. What does it say?

- *Where in your life do you try to earn what has already been freely given?*
- *What would change if you fully believed you were chosen before you performed?*

NEW REVISED STANDARD VERSION (NRSV)

After the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence.

1 KINGS 19:12 · NRSV

The NRSV's careful translation honours every detail — the exhaustion, the gentleness, the silence. Nothing is softened or rushed here.

READ FULL PASSAGE AT BIBLE GATEWAY



06

DAY 06

Known in Your Weakness

1 Kings 19 : 1 – 18

CONTEXT

Elijah has just experienced one of the greatest miracles in the Old Testament — and then immediately collapses in burnout and despair, asking God to let him die. He is done. He is empty. God's response is striking: not a rebuke. First, food. Then rest. Then a gentle voice in the silence. God meets him exactly where he is.

WHAT TO NOTICE AS YOU READ

- What does God do before He says anything to Elijah? What does that tell you about how God approaches the exhausted?
- How does God appear — in wind, earthquake, fire, or silence? Why do you think that is?
- Elijah says the same thing twice (verses 10 and 14). God does not argue with him — but then gives him something to do. What might that suggest?

REFLECT

- *Have you ever felt spiritually or emotionally emptied out? What did you need in that moment?*
- *What does it mean to you that God speaks in a whisper — not always in the dramatic?*

NEW LIVING TRANSLATION (NLT)

And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow.

ROMANS 8:38 · NLT

We return to the NLT for the closing day — its warmth makes Paul's words feel like a declaration spoken over you personally. Which is exactly what they are.

[READ FULL PASSAGE AT BIBLE GATEWAY](#)

07

DAY 07

Nothing Can Separate You

Romans 8 : 31 — 39

CONTEXT

Paul writes to the church in Rome — people navigating real danger, real hardship, real doubt. This passage is the crescendo of Romans 8, widely considered one of the greatest chapters in all of Scripture. Paul builds like a courtroom case: who can accuse us? Who can condemn us? Who can separate us? His answer to every question is the same.

WHAT TO NOTICE AS YOU READ

- Paul asks a series of rapid questions. List them. Notice what he is dismantling with each one.
- Verse 37 says 'more than conquerors!' Not just surviving — more than. What is the difference?
- Paul ends with a list of things that cannot separate us. Read it slowly. Is anything on that list something that has felt like a barrier to you?

REFLECT

- *After seven days — what has shifted in how you see yourself in relation to God?*
- *Which day's passage will you carry with you? Why?*

YOU MADE IT

Seven Days. One Truth.

You sat with the Word. You showed up. That matters more than you know.

Over these seven days you've read about a God who searches and knows you before you speak, who sees the ones the world overlooks, who made you on purpose and called you very good, who knows you by name, who chose you not because you earned it but because He loves you, who meets you in exhaustion with gentleness before He speaks — and who guarantees that nothing can undo that love.

That is not a small thing. That is the whole foundation.

See, I have engraved you on the palms of my hands.

