



# KNOWN

*Knowing Him & Being Known*

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 **MEN'S  
CONFERENCE  
2025**

**BEING KNOWN**

- 1. What does it mean to “be known” by others?**
- 2. How does the prospect of “being known” make you feel?**
- 3. What messages about “being known” did you hear growing up?**
- 4. Does “being known” really matter?**

**(Discuss)**



**Loneliness is an Epidemic**

40% of men experience loneliness at least once a week, 25% of men reported lacking close friends, and 62% felt unable to share their feelings with friends. (Pew Research, 2024)

“Our epidemic of loneliness and isolation has been an underappreciated public health crisis that has harmed individual and societal health. Our relationships are a source of healing and well-being hiding in plain sight – one that can help us live healthier, more fulfilled, and more productive lives. Given the significant health consequences of loneliness and isolation, we must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco and substance use disorders. Together, we can build a country that’s healthier, more resilient, less lonely, and more connected.”

**U.S. Surgeon General Dr. Vivek Murthy. (2024)**

The physical health consequences of poor or insufficient connection include a 29% increased risk of heart disease, a 32% increased risk of stroke, and a 50% increased risk of developing dementia for older adults. Additionally, lacking social connection increases risk of premature death by more than 60%.

**US Department of Health and Human Services**



**Why is it so important to be known?**



**“Being Known” Is  
Our DNA & It’s Our Destiny**



**Then God said, “Let us make man in our image, after our likeness. Genesis 1:26**


**And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man.**

**Revelation 21:2-3**



**“Being Known” is Good for Us**

**It is not good that the man should be  
alone... Genesis 2:18**



**Why is “being known” so hard? Why is it a struggle to be known...or to even want to be known?**

**(Discuss)**



**“Being Known” Has Been Compromised**

**“Being Known”  
Is Part of God’s Plan  
to Make Things Right**





**“Iron sharpens iron, and one man sharpens another.” Proverbs 27:17**

**And let us consider one another in order to provoke love and good works, Hebrews 10:24**



*Men, if you are married, your wife must be your most intimate friend, but to say, “my wife is my best friend” can be a cop-out. You also need Christian male friends who have a same-sex understanding of the serpentine passages of your heart, who will not only offer counsel and pray for you but will also hold you accountable to your commitments and responsibilities when necessary. -**Kent Hughes***

Intimacy created by sharing with godly friends is the path to deep friendships. And such friendships are not only manly, they are necessary and wise. Without them, we are more vulnerable than we think. And with them, we are more settled on the path of godliness than we think. To put it bluntly, the absence of deep friendships and an active cultivation of such relationships may be evidence of real immaturity and self-protective cowardice. No man of God should live that way.


***-Thabiti Anyabwile.***



**“Being Known” Is Why Jesus Came**



**Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation. 2 Corinthians 5:16-17**



**“Being Known” is Where We Grow**

# **“Being Known”: A Self-Assessment**

## **Connected**

**(I enjoy you. I like who you are/what you do.)**

## **Engaged**

**(I'm for you. I want what's best for you)**

## **Empathetic**

**(I see you. I care. I hear what you say.)**

## **Prophetic**

**(I spur you on. This is what God says. This is what you need to do)**



## **Action Steps:**

**What are some steps you can take to move towards others?**

**What are some steps you can take move deeper with your current friends/groups?**

**(Discuss)**

