

## He Knows His Own

### Ready:

“I am the good shepherd. I know my own, and my own know me.” – John 10:14

### Set

I remember meeting the high school track coach when I was about to enter high school. Up to that point, I had some success in track and field, and my older siblings, who were top-notch athletes, had all come through the school.

I remember the coach telling me that he expected great things from me. I had not yet entered high school, and my future coaches already knew me. It was weird and cool all at the same time.

Do you know what is even more incredible than that? If we are followers of Jesus, we are known by Him! In [John 10](#), Jesus referred to Himself as the Good Shepard. He said that His sheep know Him and that He knows His sheep. And it's even deeper than that. The word used for “know” is meant in a prolonged sense. This means it is not just about knowledge but about knowing to the point of understanding.

[1 Corinthians 8:3](#) says, “...if anyone loves God, he is known by Him.” If you follow Christ, God knows you and wants you to know Him. If we follow Jesus, we should want to know Him better. If we genuinely seek Him, we will find Him, as it says in [Proverbs 8](#).

Being known for your athletic ability is great. But finding God and knowing Him and being known by Him is vastly more important. Don't look to the people in sports to find acknowledgment. Come to, seek, love and know Jesus.

### Go

- Describe when the crowd cheered for you. How did that make you feel?
- When you hear that God wants you to know Him, how does that make you feel?

### Workout

[Proverbs 8:17](#)

[John 10:11-15](#)

[1 Corinthians 8:3](#)

### Overtime

“Father, I am in awe that You know me and even more so that You want me to know You. Help me to seek You, see You, and to follow You all my life. In Jesus’ name, I pray. Amen.”



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