

## **SEEN: DISCOVERING THE FREEDOM TO BE AUTHENTICALLY YOU**

“*SEEN: Discovering the Freedom to Be Authentically You*” is a women’s small group study that validates our God-given desire to be seen by Him, others, and ourselves for who we were created to be and addresses what prevents us from walking in our true identity.

The powerful testimony of how God brought redemption out of Lynne’s trauma is woven throughout the 8-session video series to encourage participants to personally seek the abundance that is available to them in Jesus. In each speaking session, Lynne applies Scripture truths and offers tools and practices to help lead and empower women to establish new pathways and experience breakthrough in their faith journey. In addition, the small group discussion and personal reflection times are opportunities for participants to look at their personal stories from a fresh perspective and go forward in freedom.

### **SPEAKER/AUTHOR BIO:**

Lynne Farrell served as the Teaching Director of Community Bible Study in Reston, VA for seven years, where she taught from the Bible each week and disciplined women. Her passion for seeing others experience the freedom she enjoys led her to write a women’s Bible study, *SEEN: Discovering the Freedom to Be Authentically You*, which evolved into a women’s retreat that has helped hundreds of women find deeper healing and intimacy with the Lord. In 2025, it was released as a video series so that the message of God’s love could go far and wide! The study guide is available through Amazon.

She is also the author of a children’s book, *Bennie’s Forever Gift*, and the co-author/teacher of a comprehensive series that teaches parents how to talk to their kids about God’s design for sexuality. Lynne is a native of Virginia, but currently lives in Arlington, with her husband, Paul, and her 65-pound Goldendoodle.

### **COST FOR USAGE:**

For ministries, there is no use fee for the streaming video content. If the ministry needs the videos on a thumb drive or CD, there will be a charge for the cost of the hardware and shipping fees (with no markup). Each participant will need to have a study guide which can be purchased on Amazon and shipped directly to ministry.

If you are interested in using this material, please contact Lynne directly at [lynnefarrell.seen@gmail.com](mailto:lynnefarrell.seen@gmail.com), or 703-346-1944.