This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode 61. We were made for relationship, but so often our relationships are broken. And when our relationships are broken, *we* are broken. One of our deepest human desires is to be known, but we often have lost ourselves along the way. This is a podcast to help you get your relationships back to a place of wholeness. A place of authentic connection, where you feel truly known.

So come on in and sit a while. And let’s see what kind of healing happens here.

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You guys know how important boundaries are to me, and if you don’t and you’re new around here, well I’m glad you’re here, and now you know! I love boundaries. They have changed my life.

One boundary that’s a non-negotiable for me is honoring the season of Lent.

And for us here in this space, that means I’ll be quiet. There won’t be any new podcast episodes until after Easter.

Lent is traditionally a tough season for my family. My husband is gone most of the time because he’s a high school softball coach, so I feel the weight and chaos of trying to be a working mom (who kind of feels like a single mom in those seasons). And the extra things feel too heavy to carry when it’s this way.

It’s also a season where I say goodbye (for a while) to some things that have carried my attention, things that may be unhealthy for me. Though this podcast isn’t unhealthy, it does hold my attention a lot. And I like to try to give my attention to my girls, my close people, and my Jesus during Lent.

And if I’m honest, I need some of my own healing.

So here’s my see you later.

But before we part ways for a bit,

I wanted to speak a prayer over you as we prepare our hearts for these next few weeks of sacrifice, reflection, healing, and growth.

May it be healing for you.

And may it be healing for me, too.

Enter Music —

*Father God,*

I return to you.

Not to get anything from you,

But really just to be with you.

But I soak up the things you give, too.

You are the one who sustains.

You are the one who comforts.

You are the one who heals.

You mourn with me.

You rejoice with me.

You are the God who sees.

And so during this season of Lent,

I choose to see you,

To know you more deeply.

I unfold my arms and allow you to hold me.

I lay down the things that are holding me back,

And I rest freely in your arms.

*My Friend Jesus,*

I turn my eyes to you.

I look full into your wonderful face.

Your presence is my longing,

My desire.

It’s everything I need.

Will you meet me here?

In this time of fasting

And reflection and prayer.

Sit with me in the rocking chairs

And heal me with your presence.

I want to be known by You.

As you were vulnerable,

I am choosing to be vulnerable and honest with you.

I’m going to let you in this place.

I’m opening up my folded arms,

And I’m not turning my back to you anymore.

I want to know you.

Forgive me.

Forgive me from everything.

*Holy Spirit, my companion,*

God with me,

God in me,

I choose to lean on your guidance.

Your strength.

Your wisdom.

Your peace.

I need you to fight for me.

Because I don’t have much energy to fight.

Life feels like chaos,

But you are the God of Peace.

Will you reign over it all?

Will you make me whole again?

As I draw near,

Will you draw near, too?

I am yours, God.

May this season be a time of healing and growth for me and for my friends praying this prayer, too.

May we let you in to the deep places and shine light into the dark places.

May we come together in new ways, unexpected ways.

And may we come out on the other side more whole than we are today.

Amen

Thanks for listening today, my friend. I hope this season is healing for you.

Until next time, I’ll see you soon.