**Episode 53: Take A Step**

This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode 53. 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. Let’s exchange fear for love and finally see what good relationships are made of. And let’s see what kind of healing happens here.

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My word for 2021 was “step.”

What I thought that meant for myself in January was to step forward in faith, stay away from the things that were becoming too much or things that God was leading me away from, and step into bigger and better things.

Seriously.

That’s what I thought.

And I did step forward, but very slowly.

I did step into bigger things, but they were not that much grander, honestly.

I did step away from places and people and things I needed to, or things God needed me to.

But really, I think 2021 was more of a stepping back for me.

And I think that’s probably what God intended all along.

2019 and 2020 were the go-go-go years for me. Lots of stepping forward in bravery. There was so much hard in there (like a global pandemic and loss), but there was also tons of writing progress and new things- new job, new

opportunities I’ve never had, buying a house to renovate, new podcast, new church. I was going 90 miles an hour. Create. Create. Create. Keep creating.

New project after new project.

Be okay with where I’m going, even if it’s brand new and super scary.

Just keep grinding and hustling and pushing.

Until I couldn’t go anymore. And at the end of 2020, I completely burned out.

Done-zo.

And I was arrogant enough to choose “step” for my word this year, thinking I could force myself to keep going, to keep moving.

When what I really needed was to slow down, to not create as much, to not be as active and present on social media, to not spend every waking hour of the day working one of my four jobs. What I needed was quiet, stillness, reflection.

I didn’t need anymore forward movement for a while.

I simply needed to step backward.

Because when we step back, we can see things more clearly. Our perspective shifts. And we can see things in a way we hadn’t before.

And I realized that I don’t enjoy constantly being on social media, that it’s actually pretty draining for me, not as life-giving. I learned that it’s also overstimulating for my tired brain, and I don’t automatically think my life should be displayed at all times in stories and posts. It just wasn’t me.

And I’m accepting as a writer (who hopes to publish one day), that it’s okay. Stepping back from social media a bit more was like a breath of fresh air.

I realized that I like smaller church environments and places that allow women to preach on a Sunday morning. I realized how much I can use my gifts to encourage the body of Christ when that body is smaller, because in the bigger churches? I can feel unseen and my gifts aren’t used much.

I realized by stepping back that contemplation and reflection and alone time are vital to my health- emotional, mental, spiritual, and even physical health.

I realized how comfortable I am living and wrestling in the gray areas. That not everything is black and white.

I realized how judgmental and condescending I’ve been in my life of people

who are different than me. And gosh, that was humbling to see and repent of.

I realized how the temptation of fame is always sitting in the corner, and how that “Christian famous” life no longer appeals to me. At all.

I realized I believe some things that are different than I’ve been shown or taught.

I realized how much safe people matter to me.

How work can be a healing place after years of being in a work environment that was hurting (not healing).

I began to see how God wanted to love on me instead of expecting me to do all this stuff to love on him.

I learned so much about God, myself, and others in this year of stepping back.

And it makes me want to stay back there.

But I know God will ask me to take steps forward again.

That my perspective will change again.

That I’ll move faster again.

But today, I’m simply enjoying the slowing down.

Because so much healing has happened there.

And here’s my prayer for you as we approach the Advent season and and the end of 2021.

I pray you’d be able to step back and slow down, too. Maybe it’s time to take an extended break off of social media. Maybe it’s time to say no to some things. Maybe it’s time to hold back on all the yeses of the holiday season. Maybe this is the time for stillness and reflection.

And so I am saying see you later until next year because I am honoring what I need and what my family needs during this holiday season, the season of Advent. The podcast will be back in the New Year.

I will step back and take this time to reflect on 2021.

And I wanted to give you some questions to do the same.

May they guide you and ground you.

What did I learn in 2021?

Where did I see growth and healing?

Where do I need more growth and what still needs to heal?

What felt hardest or life-draining this year?

What felt life-giving or effortless this year?

What did I welcome?

What did I mourn?

Where did I see darkness?

Where did I see light?

What was my favorite moment?

What was my least favorite moment?

What did I wish were true this year?

What dreams came alive?

What dreams died?

Where was God leading me?

Where is he leading me next?

What was the bravest thing I did?

How did I feel loved?

How did I love?

What did I learn about myself, God, or others that I didn’t know before?

What is my word for 2022?

Friend,

May this Advent season be healing for you,

Even in the hard.

May the light shine through.

May you have moments to reflect on 2021.

To grieve what’s been lost,

To welcome the new.

To sit with yourself as you would a dear friend

And simply notice where you are and from where you’ve come.

And then move forward as God leads into whatever comes next.

Amen.

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Thanks for sitting a while with me. I trust that stepping back to reflect will help you take a step toward wholeness so you can finally see what good relationships are made of.

If you would like to listen to some beautiful, centering Advent Readings and Meditations, please don’t forget to visit [fulllifecc.com/advent-readings](http://fulllifecc.com/advent-readings) . There are five readings written and read by my amazing coworkers at Full Life Christian Counseling outside of New Orleans, LA. Our prayer that you would remember your hope, renew your faith, find your joy, center in peace, and know you are loved. They are gentle, meditative, reflective, and grounding. I think we all could use that this year, right? Don’t forget to sign up today to be able to receive yours by the first Friday in December.

To finish up, the transcript for this episode is on the podcast page on my website, [kerrahfabacher.com](http://kerrahfabacher.com).

A big thanks to my friend Robert Hargrove for creating the music for the show, and fellow hope\*writer, Alana Dawson, for being a great editor.

Until next time friend, Merry Christmas and Happy New Year, and I’ll see you soon.