Be Known, the Podcast

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Episode 93: Grace is for the Things You Don’t Know

Originally published on June 5, 2023

This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_\_93\_\_\_. 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.

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I’m pretty thankful for my local friends. Many of my closest friends don’t live close to me anymore, and because of that, there are seasons when I’m pretty lonely. But this is a season where I’m loving the local friends I have. They are honestly such safe people to me, and for me, that’s quite a compliment because I don’t throw around the term loosely.

The other day, one of them asked me if I was okay, that they could tell something was wrong.

I think I said something as simple as, “I don’t know.”

Which is VERY often my response because I’m such a slow processor.

And here’s what I love about this.

Anytime I say “I don’t know” to a close friend, they let me have it.

They let me have the time I need to process what’s wrong without pushing and forcing something out of me I’m not ready to say.

They look at me with empathy and understanding and care, not judgment.

They offer other ways of loving me when I don’t know what I need from them.

They ask more questions, but are okay if I don’t know the answers to those, too.

Sometimes, I wonder if they get frustrated with my “I don’t knows” but they just show grace anyway.

I had someone recently tell me that “Grace is also for the things you don’t know.” We never know what a person may be actually walking through or if they need time (like me) to process before they’re even able to share it with you.

We’ve all seen the graphics on Instagram that talk about the silent battles people are facing that we may never know or see. To be kind in light of that.

And though many of my close friends know a lot of personal details about my life, they don’t know it all.

And yet, they still show grace anyway.

They still make space for grumpy Kerrah to show up around them, impatient Kerrah, sad Kerrah, quiet Kerrah, overwhelmed Kerrah. They make space for it all, even if they have no idea what’s happening and why I’m feeling a certain way.

That’s kindness.

That’s grace.

They’re giving me space to work through it, to move through it, and if I want, to invite them to come alongside me in it.

No matter how well you get to know someone, they’ll probably never know your full story. The details of everything you remember from childhood or the details of everything that’s going on around you and within you in the present. Every thought you have. Feeling you have. And why. Gosh, we don’t even know all of that.

And there’s no reason for *anyone* to know every single detail like this, other than God, and we don’t really have a choice in that.

He knows it all anyway.

His grace isn’t the kind of grace I’m talking about today.

Because there is nothing he doesn’t *already* know. He knows everything. Every past experience. Every present feeling and thought. Every future. And he still chooses love and grace.

But as humans in relationship with one another, we can’t know all these things about others. So it’s pretty important for us to show grace and compassion knowing we don’t know the full story. We don’t have all the details of what’s going on or why a person is acting how they’re acting or what they’re thinking and feeling. We don’t know.

But grace can be given even if there’s stuff we don’t know.

Grace can be given with silent hugs.

With coffee from your favorite spot.

With kind eyes and a gentle demeanor.

With an “It’s okay you don’t know right now.”

With a “how can I serve and love you anyway?”

It’s given with adjusted expectations and allowance to not to be perfect.

It’s given with understanding.

Now, we remember grace doesn’t enable. It’s okay to still have boundaries and not allow people to mistreat you in light of showing grace.

But like we talked about in Episode 87, we can recognize that every time we interact with someone, no matter their mood or whatever, there is a silent battle we might not know about.

They could be sleep-deprived or plagued with nightmares, so mornings are hard for them.

They could’ve had a fight with their spouse or kid or friend that’s making it hard for them to focus.

They could have a lot of back pain, so they never are able to go on a walk with you.

They could have just had a loss, a history of trauma, or are just really stressed out with work or finances or healthy or whatever.

You never know.

Enter Music—

So I guess all I’m asking is that you’d be kind. I know we’re humans and being kind 24/7 isn’t completely possible, because we’re walking through things just like them. But the goal is to be kind, to be gracious and compassionate, especially for the things you don’t know. Be aware of those around you. Consider how your words and actions could affect them. Consider *them*. Cool?

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Thanks for sitting a while with me. I trust that showing grace for the things you don’t know will help you take a step toward wholeness so you can finally see what good relationships are made of.

We took last week off due to the holiday, so I’m happy to be back! I’ve had a few of you interested in my coaching services, but there’s been a bit of a glitch in scheduling, so if you are interested, please just email me at info@kerrahfabacher.com and I’d love to schedule with you.

To finish up, the transcript for this episode will be on the podcast page on my website, kerrahfabacher.com.

A big thanks to my friend Robert Hargrove for creating the music for the show, and the team at Wildfire Creative Co for editing.

Until next time friend, I’ll see you soon.