This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_\_58\_\_. 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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In the last episode (episode 57), I told a bit of my own story, of how I’ve struggled with my faith these last few years. How I’ve struggled to believe for miracles. And not even for that, but just believing God.

I think another feeling that accompanies that kind of doubt is hopeless. In the counseling room, I possibly hear more stories of hopelessness than the average human, so I’m admitting I might be a bit jaded here. But I don’t think it’s just clients who experience it and counselors who hear about it. I think it’s a part of the human condition. That we all have felt hopeless before about something.

We feel hopeless about our relationships. Will they end? Will they continue? Will they remain how they are? Will I ever meet someone? What if I can’t find any new friends? What if we can’t work it out? It doesn’t feel like they’ll get better. It doesn’t feel like they’ll be saved. It doesn’t feel like the person will talk to us again. And it doesn’t feel like anything will change. It feels like we’ll be alone forever.

We feel hopeless about our work and financial situations. When will inflation go away and I can afford things again? When will I get a raise? How will I pay my bills? Will I ever feel happy in my work? What is my purpose in work? Do I even have one? What if I can’t afford to live how I want to live? What if I never see my dreams come to pass? It feels like money will always be a stressor and work will always be a chore. It feels like I have no purpose, that I’m just going to work and going home day after day. This dream I have? I’ll never see it happen.

We feel hopeless about our health. Will my body ever be like I want it to be? Will I always battle depression and anxiety? Will my trauma always affect me? What if my illness never goes away? What if it kills me? It feels like I’m just wasting away, with nothing left to give. It feels like my body is giving up.

Hopelessness steals away all the light. It shoves us in tiny dark closets until the darkness threatens to consume us if we don’t find the light again.

There is something I tell all my clients, and I’ve had to begin telling myself lately, too.

I say, “Everything is redeemable.”

This isn’t to give some sense of false hope, or a hope that ignores one’s real issues. No we aren’t being overly optimistic and avoiding here.

We are stating something that is true.

Let me read Psalm 130 over you from The Passion Translation, and then I’ll explain what the word *redeem* means.

Psalm 130 says this:

1 Lord, I cry out to you out of the depths of my despair!

2 Hear my voice, O God!

Answer this prayer and hear my plea for mercy.

3 Lord, if you measured us and marked us with our sins,

who would ever have their prayers answered?

4 But your forgiving love is what makes you so wonderful.

No wonder you are loved and worshiped!

5 This is why I wait upon you, expecting your breakthrough,

for your Word brings me hope.

6 I long for you more than any watchman

would long for the morning light.

I will watch and wait for you, O God,

throughout the night.

7 O Israel, keep hoping, keep trusting,

and keep waiting on the Lord,

for he is tenderhearted, kind, and forgiving.

He has a thousand ways to set you free!

8 He himself will redeem you;

he will ransom you from the cruel slavery of your sins!

In the CSB, verse 7 uses the word redemption where here it says “set you free.” In these verses, the words redemption and redeem in the original Hebrew language mean thing like: deliverance, freedom, to set free, to preserve, to release, to rescue surely.[[1]](#footnote-1)

We feel hopeless when we feel trapped.

Trapped in a marriage with a partner who has cheated or who is narcissistic or who refuses to change.

Trapped under a pile of bills we can’t pay.

Trapped in a job that is killing us because we need the money.

Trapped in a friendship that is toxic and one-sided.

Trapped in lies of comparison and believing you don’t matter as much as another.

Trapped under the hand of leaders telling you what to do and having no choice but to do it.

Trapped in endless fertility treatments and court orders and the prisons of our lives.

Trapped in our grief.

And we see no way out, no way forward. We’ve stopped seeing the light.

Well I want you to hear me say, I’m with you.

I know what this feels like, not your experience, of course, but I’ve known hopelessness.

Hopelessness will only take root as much as we let it. It doesn’t have to have the final say.

Because everything is redeemable.

Every. single. thing.

Every person.

Every relationship.

Every situation.

God can rescue us out of every type of situation and whatever bondage we are in. He can restore relationships and he can release us out of the abusive, toxic ones. He can change the unchangeable people and the unchangeable situations. He can deliver us from financial hardship. He can bring us into eternity with him forever with no more pain if our earthly illness takes our life. He can heal our bodies and our minds. He can bring us out of the dark and into the light. He can show us what our purpose is and bring meaning to our lives. He can set us free from those addictions that hold on too tightly. He can set us free from sinful lifestyles and harmful patterns. He can. And he *does.*

Now some of you hear me, and think, ‘Kerrah that’s nice, but I haven’t seen Him do any of that in my life.’

Gosh, your hopeless feeling must be the loudest of all your feelings. I can’t imagine feeling that abandoned by God, and I’m sorry your story has been full of so much pain.

I hope you hear these words not as Christian-ese copouts, but as the very truths that can set you free.

There’s something key in this conversation, though, that I don’t want us to miss. *Our deliverance and freedom may not look as we hoped.*

The Israelites were delivered from 400 years of slavery only to be out in a wilderness for 40 more years. That deliverance didn’t look like they thought it would.

Samuel thought surely Israel’s next King would be strong and mighty, not a tiny little teenage boy.

The people of God thought their Messiah would come like a powerful soldier, not a baby born to a virgin, not a simple, homeless man riding into town on a donkey.

The disciples thought Jesus would come and change everything with his life, not with his death.

Our freedom is very rarely the way we think it should look like, but that’s where our trust comes in. Trust that our freedom is the exact kind of freedom we need, even though it may not be the kind we want.

One phrase used to describe the original Hebrew word for redeem is *to sever.* I had to read that multiple times. To free often is to sever. Sometimes that process is uncomfortable at best, and excruciating at worst. Think of what Jesus went through to give us our freedom today. Sometimes the deliverance is hard, the process quite painful. It’s not my favorite thing about redemption.

But I do know that there is hope on the other side. Because Jesus is there. He’s right there with us. Just as God never left the Israelites alone to fend for themselves in the wilderness, Jesus leads us where we need to go. He tells us what we need to do. He provides what we need when we need it. No matter how painful the delivering is. He’ll never leave.

Of course, each of our stories is unique, and I can’t even come close to saying how God can redeem yours. He may do exactly as you’d hoped, or he may spice it up a bit. The cool thing about Him is that he *knows* your story. He knows you. And he knows what kind of freedom you need. The kind of healing and deliverance you need.

So I think it’s time to ask him for it.

I know that so much of hope lies on the other side of heaven, but if we could have it on this side, too? What if we could believe that everything is redeemable. That this is the exact thing God sent his son for us to do. He wanted us to set us free. Not just from our sin, but from everything that’s happened since the fall. All the illness and relational pain. The brokenness and anxiety. In heaven, we’ll be free of it all, but here on this earth? We can ask for God to do it here, too. And let’s see what kind of healing happens here.

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

A couple of years ago, I wrote a blog series on being honest with God. I went through the main emotions we feel, and I think those would be helpful to read if you’d like to lean into today’s topic a bit more. You can find those at <https://www.kerrahfabacher.com/blog/categories/authenticity-in-emotions>.

To finish up, the transcript for this episode is 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 fellow hope\*writer, Alana Dawson, for being a great editor.

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

1. https://www.blueletterbible.org/lexicon/h6299/csb/wlc/0-1/ [↑](#footnote-ref-1)