Be Known, the Podcast

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Episode 82: Why Relational Wholeness Matters

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This is Be Known, and I’m Kerrah Fabacher. Welcome Back and Happy New Year! You’re listening to episode \_\_\_82\_\_\_. 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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So to ease back into the podcast for 2023, I’m starting us off with some gentle reminders today. We talk a lot about unhealthy and healthy relationship dynamics here in this space. That’s the whole purpose of the show: to help you have healthier, more whole relationships with God, yourself, and other people. Because we’re called to love God, and love others as we love ourselves. So those three types of relationships are where we focus the most here.

When talking about health and wholeness, many begin with focusing on physical health— how you eat and how often your exercise and how much water you drink, how you take care of your body on a regular basis. And honestly, there is no taking care of other areas of health without getting these physical needs met. What we eat and how we sleep and how often we exercise are all very important factors in better managing one’s mental health. So focusing on your physical health is always vital.

And then others hyperfocus on their spiritual health, thinking that if they pray enough or read their Bibles enough, everything in their life will be fine. Though prayer and scripture and having a faith community are all vital to our health, too, they are aren’t the only thing that matters.

We are much more complicated than that. And in order to pursue wholeness in our lives, we need to make sure we prioritize each area of health. I’ve talked about that before in this space.

Wholeness is a term thrown around a lot in various spaces. Pop-psychology loves it, for sure.

Here’s a good biblical definition, too, that’s helpful for our goals here:

The state of being perfectly well in body, soul (mind, will and emotions) and spirit. This was God’s original design for man before the fall and is now attainable once we join Jesus in heaven.[[1]](#footnote-1)

So let me just bring some grace into this conversation. There is NO complete wholeness this side of heaven. But in the process of sanctification, the goal is to be well in our bodies, our soul, and spirit. We can’t be perfectly well in each area, but we can work toward it.

So that means our mental health and emotional health, our physical health, our relational health. It means we pay attention to all areas and commit to healing if healing is needed, growth if growth is needed, and making sure our needs are met, while at the same time learning to interact with others in healthy ways.

But because of the heavy focus on physical, spiritual, and even mental health in our culture, people often forget about relationships. Even though each area of our life bumps up against the others, like, our physical health directly affects our mental health, and our mental health directly affects our relational health, for example, we neglect to grow in health in our relationships.

And that’s really sad to me, because our relationships matter. A lot.

We were made for relationship from the beginning. We need relationships. We need them with God, with others, and we need a relationship with ourselves, too.

So this is why we focus so much on different aspects of relational wholeness here in this space, because without it, we can’t pursue wholeness at all.

This may not be new to some of you, but here’s how \*not\* prioritizing relational health and wholeness an play out in your life:

- Putting so much time and focus into your job that there’s little time for your people

- Being so focused on your kids you forget about nurturing and loving your spouse

- Having poor boundaries

- Being stuck in a cycle of people-pleasing

- Getting in one toxic relationship after another

- Indulging in self-hatred or self-deprecation

- Avoiding hard conversations

- Never trusting anyone and remaining isolated

- Never working through your story so to not repeat any negative relational patterns

- Keeping only surface-level relationships and never going deeper with people

- Just going to church but not spending personal time with God on your own time

- Consistently enabling the destructive behavior of others

You hear where this is going? We have relationships in every area of our life. Relationships with coworkers and bosses and employees. Friends and acquaintances, best friends and closed loved ones. Family and clients and strangers. With the person staring back at us in the mirror.

We have close relationships and estranged relationships and everything in between.

Relationships are everything.

And we can’t neglect them anymore.

And this is what we’ll focus on every week here on Be Known, the podcast. We’ll tell stories and give practical tips. We’ll reflect and choose growth.

But it can be scary to face these things in our relationships.

And I get that.

But Love can cast that fear out.

And so we’ll commit here to growing in love— learning how to love God, love self, and love others in healthy ways.

To finish today, I’ll like to give you a few questions to reflect on regarding the health of your relationships. Even though they’re not exhaustive, I hope they’re helpful.

- What are the different relationships in my life?

- Do I ever feel tense or anxious or angry or dysphoric in any way when I think about any of them? If so, which relationships?

- How long have I felt that way about this person?

- What behaviors of theirs hurt or bother me most, and why?

- Have I ever tried to communicate those things and set boundaries or do I normally avoid those conversations?

- What boundaries are needed?

- How do I contribute to these unhealthy situations?

- Do I tend to people please or enable toxic behavior? If so, how?

- When I think about myself, do I think mainly negative thoughts, or do I neglect myself completely?

- What are my thoughts and feelings toward God? What does my time with Him look like?

- Are my relationships more life-giving or life-draining?

-Do I have close people in my life, or do I tend to isolate?

These are just ways for you to begin asking hard questions to yourself to begin assessing the health of your own relationships. Every episode I’ll provide ways to reflect and consider, too, about all these things and more. But at the beginning of the year, just think about it. How healthy are your relationships? What do you need for them to be healthier in this season?

ENTER MUSIC —

As this episode has released on MLK day, a man who championed healthy relationships, too, across racial lines, I’ll share a quote from him today:

"Love is the greatest force in the universe. It is the heartbeat of the moral cosmos. He who loves is a participant in the being of God.”[[2]](#footnote-2)

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

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 fellow hope\*writer, Alana Dawson, for being a great editor.

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

1. https://www.faithandhealthconnection.org/the\_connection/spirit-soul-and-body/wholeness-biblical-and-christian-perspective/ [↑](#footnote-ref-1)
2. https://www.oprahdaily.com/life/relationships-love/g25936251/martin-luther-king-jr-quotes/?slide=1 [↑](#footnote-ref-2)