**Episode 54: Pay Close Attention**

This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_\_54\_\_\_. 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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Welcome back and Happy New Year, friend. I love getting to join you as you take your daily walk or sit down in your favorite chair with coffee or tea. I’ll never stop being honored to be invited into your day.

If you are listening in real time, I am just coming back from taking a few weeks off during the Advent season, and as always, it was good for my soul and my body and my relationships. If you don’t take off things— the worky things and the smart phone/ computery things— sometimes, I hope you’ll consider making that a part of your rhythms this year. We need to turn it off sometimes and rest.

I’m starting this year off in a strange way. I’m experiencing something that feels a bit foreign. Every year, I sit down and consider all the things I hope for in the year, what I need, what I want to accomplish, and how I want to live.

But I’ve not been able to do that yet. My brain is still numb and foggy from 2020 and 2021, and I don’t have the bandwidth to make all these goals right now.

And guess what? I’m choosing to be kind and patient with myself in that. At first I was wondering what the heck is wrong with me? Why don’t I have any desire to sit and think about 2022? Why can’t I put a name to my goals and what I hope and all that?

But those questions sound a lot like shaming questions. They aren’t gentle or curious, wondering what could be the issue. They are questions on the attack.

And if I’ve learned anything about myself, it’s that I have to ask myself more kind, compassionate, gentle questions. I can’t ask them in a judgmental way anymore. That’s breeding ground for more shame.

So I’ll sit with some of those compassionate questions soon, when my body feels rested and energized after a crazy few weeks. When my soul is ready to be still. When I can allow myself to hope 2022 can be different.

Until then, it’s my custom to choose a word each year. It sets the tone. It sets the intentions. And that leads to me to a place where I can consider goals and all the things.

I wrestled for several months about my word for 2022. I kept leaning into the words “attend” or “attune.” Both like a whisper in my mind, both I couldn’t stop thing about.

I ended up choosing *attuned* instead. (So neither. :))

Here’s what Miriam-Webster has to say about the word *attuned.*

: aware of and attentive to or responsive to something

**Synonyms and related words**

: accommodated, harmonized, keyed, reconciled, adapted, tuned, connected, aligned, unified, balanced, integrated, joined, synchronized.

As a singer and lover of great music, I cling to these words here. In 2022, I want to be more attuned to my body, my soul, and my spirit. I want to be more attuned to my relationships, my clients, my family. I want to be more attuned to the hurt around me, what people need, and join with them. I want to crawl out of my head and see what is happening within me and around me.

I want to be more thoughtful. I want to be more engaging. I want to put my phone down and spend time with actual humans instead of fictional characters. I want to see the little bits of light God shines through dark moments. I want to let hope and peace and joy be my song. I want to love fully.

I want to pay close attention.

I want to be attuned.

This practice of daily tuning my heart, tuning my thoughts, tuning my ears, tuning my body to pay closer attention is the best thing I can do for my relationships this year.

Because it’s how I can love.

By seeing.

We love by seeing.

We love by seeing people, their needs, their feelings, their experiences, their trauma.

We love by seeing their likes and dislikes. Their talents and strengths. Their areas of weakness.

We love by seeing their pain, their grief, their burdens, their joys, their accomplishments.

We love by seeing.

And it’s my hope that we all we see ourselves, see God, and see people more clearly this year.

That our brains would come out of the fog of the last two years. That we would lean in, be quiet, and listen. Listen for ways to love. Ways to serve. Ways to rest. Ways to repair. Ways to praise. Ways to hope.

What do you hope for in 2022?

Do you have a word this year?

Why did you choose it?

What are you leaving behind in 2021?

What are you bringing with you in 2022?

How would you like to live this year?

How would you like to love this year?

How can you lean in a little closer? Listen a little more attentively?

Jesus,

We sit with you for a moment.

We breathe here.

We rest here.

We quiet ourselves,

And we tune in.

We listen more closely.

What do you want us to notice today?

About ourselves?

About our people?

About the world?

About you?

What do you want us to hear?

To see?

We lean in, God.

We lean in closer.

Amen.

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

If you are new to the show or a veteran, I always want to remind you that you can subscribe to the Monday Minute to help you have a space to reflect more deeply on the contents of each episode of Be Known. I’ll send you more questions to reflect, extra reading on the topic, next steps, and a prayer. You can subscribe at [www.kerrahfabacher.com/monday-minute](http://www.kerrahfabacher.com/monday-minute) or in my Instagram bio. My instagram handle is @kerrahfabacher.

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 editing.