A guided imagery practice. Imagine the darkness (what it feels like, what it looks like. Everything. If you could give it a name. Does it resemble a place? A face?

Is there anyone with you in it? Who?

If Jesus were with you in it, could you see him? Could you feel him? What would he say? What would he do?

Be Known, the Podcast

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Episode 86: Find the Light

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This is Be Known, and I’m Kerrah Fabacher. Welcome Back and Happy New Year! You’re listening to episode \_\_\_86\_\_\_. 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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We have entered the season of Lent. A season of sacrifice, repentance, and even grief. A season of loss and struggle and simplification.

In Lent, as we ready ourselves for the joy of celebrating our Savior’s coming, the light and life and hope of it, there is much darkness in the meantime. So, today we engage a practice to help you find the light. Because even though it feels far away, and maybe even impossible to find, it is always there. It is always there.

So for those who are listening in the car or while you’re getting ready or while you’re doing dishes, I’d like for you to pause until you can get in a place where you can sit comfortably and close your eyes for just a few minutes.

When you get into that place, find a comfortable seating position or lie down if you’re able. Close your eyes, and spend a few moments taking deep breaths. Breathe in. Breathe out. Breathe in. Breathe out.

When you are ready, I’d like you to imagine what the darkness in your life looks like. The pain and suffering, the depression or the anxiety, the breakup or breakdown. What does the darkness look like? Does it resemble a place? A person? A time or season? Is it pitch darkness? Are you able to see anything?

When you have that image clearly in your mind, listen to your body. What sensations arise? Do you feel tension or discomfort? Where? Is your heart racing or your breath shallow or your throat tight? Pay attention to that, and continue taking deep belly breaths.

Now, what does the darkness feel like? Crushing? Suffocating? Drowning? Does it feel like nothing? Like an eerie silence. What does it feel like?

Do you hear any sounds? Is there anything you can feel on your skin? Any smells?

Now, I want to be still in the darkness. Are you able to see any light? Any light. No matter how tiny. If you are able, what color is it? How big or small is the light? Where is the light? Behind you? Above you? On your left? By your feet?

What things in your life are in that light? Your kids’ giggles and cuddles? Hugs from your favorite people? Sunshine and birds singing? Laughter with friends and dates with your partner? A slow work day or a day off? What’s in the light?

If you’re not able to see the light, can you sense Jesus anywhere with you in the darkness?

Where is he?

Can you see him?

Is he silent or is he speaking?

If he’s speaking, what is he saying to you?

What do you need him to say?

What do you need him to do?

What are these words doing in you? For you? Are there tears rising up? Do you need to let them come to the surface? What are his actions doing for you? Are they soothing you? Angering you?

Take a few more deep breaths.

Is the darkness still as dark?

What does it look like now? Now that You can sense Jesus in it with you?

What does it feel like now?

Are you able to keep looking at the light? To keep focusing your attention on it.

Is it warming you? Calming you? Bringing the hope you haven’t been able to find?

Or is it still just as dark?

Wherever you are, however you find yourself at the start of this season of Lent, may you find the light. May you see that Christ is always with you, even if you can’t see. Even if you can’t feel. Even if you’re angry with him or don’t even believe in him. He’s always here. And he IS the light.

Keep your eyes closed as I read this from Hosea 6 over you.

Come, let us return to the Lord.

He has torn us to pieces

 but he will heal us;

he has injured us

 but he will bind up our wounds.

 After two days he will revive us;

 on the third day he will restore us,

 that we may live in his presence.

 Let us acknowledge the Lord;

 let us press on to acknowledge him.

As surely as the sun rises,

 he will appear;

he will come to us like the winter rains,

 like the spring rains that water the earth.

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As per my usual rhythm and practice, the podcast takes an extended break during Lent. I pray you are able to find the light, friend. Because He is always near.

Thanks for sitting a while with me today.

And I’ll see you soon.