This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_22\_\_\_\_\_. 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.

During my senior year of high school, I went on a personal journey to discover more about God’s love. My friend Jordan and I would sing and explore our quaint downtown and burn CDs and go to random local concerts when our friends played. But my favorite thing about our friendship was how we allowed ourselves to think on the love of God. We would talk for hours about the way God loved us beyond the cross. Even if that were the only act of love he had ever displayed, it would be enough. But something in us knew that there was more to his love than that, more than we could ever imagine. We studied the Psalms and Song of Solomon and Hosea. We listened to music that drew us into the presence of God. It was what catapulted me into spiritual maturity.

In college, that new knowledge of the way God loved me intimately and personally naturally led me to experience a love for others in profound new ways. Because when God loves you and you love him back and you can’t get enough of each other, a love for people is the result. And I learned what true friendship was. Friendship that stands the test of time. That fills the soul and uncovers all the hidden layers of a person. I discovered an authentic romantic love when I met my husband. I began to see how to love my neighbor and love those in discipleship and love the poor and needy and those who did not know Jesus around me and around the world. I began to know what it meant to love those I was leading. And these years led me deeper still.

In grad school as I was studying to become a professional counselor, I learned what it meant to not only love God and love people but to also love myself. I learned how to take care of myself and care about my well-being and health. To reflect and challenge myself and work on things and grow. To ask myself hard questions, to be free to feel, to be honest with myself. This has been the hardest journey of all.

I’m sharing this with you today because this is a podcast to help you get your relationships back to a place of wholeness. And so often people mistake that to mean romantic relationships or only our relationships with others. But it expands beyond that.

You see, what I’ve learned is that we have three main types of relationships: the one we have with God, with others, and with ourselves. Jesus even knows that this is true when he says, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.” (Matthew 22:36-37, ESV)

These relationships are the foundation of who we are. And when these relationships are broken, we are broken. When these relationships are thriving, we are whole.

And I know this not just because I am a counselor and hear the brokenness everyday. No, it’s also because I know the pain that comes when these relationships are not operating as God intended. I know betrayal and disappointment and abandonment and rejection. I have isolated and held grudges and have chosen self over others. I’ve been through seasons when I did not see the love of God as intently as other seasons. I’ve struggled to love him back. And God knows I’ve gone through times when I thought very little of myself.

This brokenness will be the death of us if we don’t choose another way. If we don’t let it birth something new and hopeful.

So as we move forward each week on the podcast, remember that my heart is that you would have whole relationships in each of those three areas. Everything that I will talk about here will be a small thing that you can begin to do in your life to have better relationships with God, with people, and with yourself.

Everything.

Because I believe in what Jesus said, that this love for God, for self, and for others is the foundation of everything else we do or believe. It is the center of it all.

Society today is pushing the idea of self-love more than ever before, and even pushing the idea of loving others well, too. But it neglects a love for God, and we will not do that here. Because it’s only out of God’s love that we are able to love ourselves and others at all.

It also may feel unsettling to toss around the word love when some associate it with much pain, heartache, confusion, and even fear.

Loving God feels nearly impossible sometimes when all around us is darkness.

Loving others feels hard because others have let us down too many times.

Loving self feels gross because we don’t believe we are worth that kind of love.

Broken.

It’s all broken. How can we love with broken hearts? How can we press on to know God and know people and know ourselves? How we serve and care for and affirm and reconcile? How can we be known?

We take one step toward wholeness at a time. This brokenness does not get the final word. We choose to listen and learn and stretch out of our comfort zones. We choose bravery over fear.

We learn what love is.

Love is patient.

Love is kind.

It does not envy.

It does not boast.

It is not proud.

It does not dishonor others.

It is not self-seeking.

It is not easily angered.

It keeps no record of wrongs.

Love does not delight in evil

But rejoices with the truth.

It always protects,

Always trusts,

Always hopes,

Always perseveres.

Love never fails. (1 Corinthians 13: 4-8, ESV)

To end our time today, I want to read this blessing over you.

Today, may we begin to see how much God loves us uniquely. How he whispers it in our ears through a favorite song on the radio, through a gentle breeze, a sweet text from a friend, a great cup of coffee, a fun surprise, a stunning sunset. To know that he sees us and loves us anyway. May we understand that his love goes beyond our understanding, that there is nothing that can compare. That he will love us forever, that nothing will ever change that. That he knows everything about us, the darkness and the light, and he still wants us. May we remember him as he remembers us. Knowing he has not forgotten us or abandoned us no matter how true that may feel. May we turn our faces to the cross and the love poured out there. May we love him back. May we choose him as he chose us. May we never get enough of this love. May it fill us and overflow out. And be our very reason.

Today, may we understand how much we need others. How we were made to need others. May we be willing to walk toward healing when we’ve been hurt. And find a way to forgive when the hurt was too much. May we see that we don’t need to be alone, that relationships with people can be healing. That allowing the masks to come down and know and be known can be healing, too. May we love well. See others and what they need and help to meet those needs as we can. May we remember others and elevate them as more important than ourselves. To do unto them as we would have them do unto us. To be patient and kind and compassionate and gracious.

Today, may we see that we matter, too. To understand our own needs and desires and strengths and weaknesses. To take care of ourselves as we would others. To listen to our bodies and our emotions and lean in with a welcoming heart. May we forgive ourselves and give ourselves grace, too. And not live selfishly but live loved. May we know our worth because of who made and loved us first. May we stop being so mean to ourselves, stop believing lies. Embrace the truth of who we are. May we know ourselves. And show ourselves to the world.

Thanks for sitting a while with me. I trust that \_\_\_\_loving God, loving others, and loving yourself will help you make one more step toward wholeness so that you can finally see what good relationships are made of.

You can find me on instagram @kerrahfabacher or at my website, [www.kerrahfabacher.com](http://www.kerrahfabacher.com).

This is the last call to book coaching sessions with me before the price goes back up! Working with women to have these whole relationships is one of my most favorite things, and I would love to work with you. Book your free 30- minute intro session today or grab the longer sessions at the discounted rate. I can’t wait to get to know you and work toward wholeness together. You can go to [www.kerrahfabacher.com/book-online](http://www.kerrahfabacher.com/book-online) for all the deets!

The transcript for this episode is on the podcast page on my website.

And a big thanks to my friend, Robert Hargrove, for creating the music for our podcast, and fellow hope\*writer, Alana Dawson for editing the show.

Until next time, friend.

I’ll see you soon!