This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_\_20\_\_\_. 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.

Before we start the show today, I want to share with you about an exciting opportunity to partner with us at the podcast to keep this show out into the world. You can become a monthly supporter with a gift of $.99, $4.99, or $9.99. When you give any gifts, you will get bonus, never before heard content. You get to hear bonus podcast episodes— including interviews— and be able to join a private Facebook group with even more content when you sign up to give $9.99 a month. For all of the details and information about how to become a partner of the show, please visit [www.kerrahfabacher.com/podcast](http://www.kerrahfabacher.com/podcast).

Can we all just jump up and down and thank the good Lord above that 2020 is over? I mean, there was so much good in 2020- more rest, more family, and a slower pace. But I think it’s always nice to hit the restart button. One of my favorite things about the beginning of a new year is the hope of the new.

It felt like 2020 stole away our choices. Our financial choices. Our social choices and health choices. It took away our routines and schedules and any predictability and even some of our loved ones. It took away our celebrations and time with extended loved ones. It took away our savings accounts and backup plans and jobs.

But I have come to realize that it never took away my choice to hope, to have joy, to trust, and to love. There is nothing that can take those things away. Nothing.

At the beginning of each year, it is custom to tap into a hope for the new.

And I thought it would be appropriate to lean into that today with you.

Some set yearly goals or resolutions at the beginning of each year. Goals for fitness and family and work and fun. Goals for health.

But I want you to think about it a bit differently than just measurable goals that only have to do with losing two pounds.

I want you to set your intentions. This is a choice that you have today. Right now.

Some synonyms for the word “intention” include words like aim, ambition, aspiration, dream, hope, goal, purpose, and objective. It is something that you want and plan for. Something that serves as a bit of an anchor. Something that you believe God wants you to do. Something that can include physical health goals, but that goes much deeper than that.

Many people have adopted the practice of setting an intention for each day.

I intend to love well today.

I intend to take care of myself today.

I intend to leave work at work today.

I intend to spend quality time with my people today.

I intend to work hard today.

An intention sets the tone for the whole day, the month, and even the year. (Yes, I thought about singing the Friends theme song to that sentence. Maybe next time.) It helps you stay grounded in purpose, like a vision or mission statement. You can write a few statements like this, statements that determine what you want this year to be, who you want to be, how you want to live. How God wants you to live.

Or you can simplify the process at bit. One of the most simple ways to set a clear intention for the year is to have a word for the year. One word. This is nothing new, and you have probably heard of others mentioning their words already online.

You guys know I love words. They hold so much power.

And finding one word for this year seems like the right step in taking back our choices. Our choices to hope, to love, to have joy, and to trust. One word. One word that embodies something God is doing in your heart, something he is asking of you. One word that serves as the foundation for what you want to do, how you want to grow in 2021.

My word for 2021 is “Step.” I have been thinking about this for several months, feeling all the crazy pressure to pick just the right word. But it always came back to simply “step.” Step out of the boat, out of convenience and safety and predictability. Step away from things I’ve needed to for a long time. Step into what God has for me and my family. Step toward Jesus, the one who does not look so safe standing out in the middle of the waves. The one who asks me to trust with reckless abandon. The one who needs me to be with Him, even though it looks and feels so scary. To step into my calling more to write and teach and speech and lead. To step.

What is your word?

What is it that you need your year to embody? For me, it’s trust. It’s hope. It’s doing something (or a lot of somethings) that are brave and scary and that don’t feel safe. What is it for you?

Write it down. Keep it in front of you. And let it guide you into deeper hope, contagious joy, borderless trust, and authentic love.

To end our time today, I will read a blessing from John O’Donahue— For a New Beginning.

In out-of-the-way places of the heart

Where your thoughts never think to wander,

This beginning has been quietly forming,

Waiting until you were ready to emerge.

For a long time it has watched your desire,

Feeling the emptiness growing inside you,

Noticing how you willed yourself on,

Still unable to leave what you had outgrown.

It watched you play with the seduction of safety

And the gray promises that sameness whispered,

Heard the waves of turmoil rise and relent,

Wondered would you always live like this.

Then the delight, when your courage kindled,

And out you stepped onto new ground,

Your eyes young again with energy and dream,

A path of plenitude opening before you.

Though your destination is not yet clear

You can trust the promise of this opening;

Unfurl yourself into the grace of beginning

That is at one with your life’s desire.

Awaken your spirit to adventure;

Hold nothing back, learn to find ease in risk;

Soon you will be home in a new rhythm,

For your soul senses the world that awaits you.

Thanks for sitting a while with me. I trust that setting your intentions with a word for the year 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 @kerrah fabacher or at my website, [www.kerrahfabacher.com](http://www.kerrahfabacher.com).

And let me tell you about this! As many of you know, I am a professional counselor and a certified life coach for my day job (s). Right now (in January ONLY) I am offering my online one-on-one coaching services at a discounted rate! Schedule an appt. Now before the price goes back up! You can sign up at [www.kerrahfabacher.com/book-online](http://www.kerrahfabacher.com/book-online). I can’t wait to work with you.

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

Don’t forget to subscribe so that you never miss an episode! I would also be so grateful if you would rate and review the podcast so that more can listen in.

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!