This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_\_49\_\_\_. 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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**49: All You Need is Love**

Though our friends, The Beatles, had their fair share of problems, I do think they had something right- that all you need is love. I’m not talking about sensual, romantic love. I’m not even talking about familial or friendly love. I’m talking about the *agape* kind of love, the love we are given from our God, who *is* love.

Y’all know this podcast is all about restoring and redeeming broken relationships, working toward wholeness one step at a time. And if I could give one word that embodies it all? It would be love. Loving God, loving people, and loving ourselves.

Because though love can hurt, it can also heal. *Agape* love heals.

So today will be a bit unique.

Instead of telling you all the stories and all the practical things, I am simply going to read from several passages in 1 John about love. I want this episode to meditative and reflective. I want you to be quiet and still and listen. It is one of the most important passages I believe in all of scripture.

And today, I’m going to speak it over you from the Message version. Though some of it may be more metaphorical or seem like it doesn’t apply to you, consider the message Jesus wants *you* to hear right now.

So, get comfortable, take a few deep breaths, close your eyes if you can, and lean in.

(1 John 3: 11-24)

11 For this is the original message we heard: We should love each other.

12-13 We must not be like Cain, who joined the Evil One and then killed his brother. And why did he kill him? Because he was deep in the practice of evil, while the acts of his brother were righteous. So don’t be surprised, friends, when the world hates you. This has been going on a long time.

14-15 The way we know we’ve been transferred from death to life is that we love our brothers and sisters. Anyone who doesn’t love is as good as dead. Anyone who hates a brother or sister is a murderer, and you know very well that eternal life and murder don’t go together.

16-17 This is how we’ve come to understand and experience love: Christ sacrificed his life for us. This is why we ought to live sacrificially for our fellow believers, and not just be out for ourselves. If you see some brother or sister in need and have the means to do something about it but turn a cold shoulder and do nothing, what happens to God’s love? It disappears. And you made it disappear.

18-20 My dear children, let’s not just talk about love; let’s practice real love. This is the only way we’ll know we’re living truly, living in God’s reality. It’s also the way to shut down debilitating self-criticism, even when there is something to it. For God is greater than our worried hearts and knows more about us than we do ourselves.

21-24 And friends, once that’s taken care of and we’re no longer accusing or condemning ourselves, we’re bold and free before God! We’re able to stretch our hands out and receive what we asked for because we’re doing what he said, doing what pleases him. Again, this is God’s command: to believe in his personally named Son, Jesus Christ. He told us to love each other, in line with the original command. As we keep his commands, we live deeply and surely in him, and he lives in us. And this is how we experience his deep and abiding presence in us: by the Spirit he gave us.

4: 7-21

7-10 My beloved friends, let us continue to love each other since love comes from God. Everyone who loves is born of God and experiences a relationship with God. The person who refuses to love doesn’t know the first thing about God, because God is love—so you can’t know him if you don’t love. This is how God showed his love for us: God sent his only Son into the world so we might live through him. This is the kind of love we are talking about—not that we once upon a time loved God, but that he loved us and sent his Son as a sacrifice to clear away our sins and the damage they’ve done to our relationship with God.

11-12 My dear, dear friends, if God loved us like this, we certainly ought to love each other. No one has seen God, ever. But if we love one another, God dwells deeply within us, and his love becomes complete in us—perfect love!

13-16 This is how we know we’re living steadily and deeply in him, and he in us: He’s given us life from his life, from his very own Spirit. Also, we’ve seen for ourselves and continue to state openly that the Father sent his Son as Savior of the world. Everyone who confesses that Jesus is God’s Son participates continuously in an intimate relationship with God. We know it so well, we’ve embraced it heart and soul, this love that comes from God.

To Love, to Be Loved

17-18 God is love. When we take up permanent residence in a life of love, we live in God and God lives in us. This way, love has the run of the house, becomes at home and mature in us, so that we’re free of worry on Judgment Day—our standing in the world is identical with Christ’s. There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life—fear of death, fear of judgment—is one not yet fully formed in love.

19 We, though, are going to love—love and be loved. First we were loved, now we love. He loved us first.

20-21 If anyone boasts, “I love God,” and goes right on hating his brother or sister, thinking nothing of it, he is a liar. If he won’t love the person he can see, how can he love the God he can’t see? The command we have from Christ is blunt: Loving God includes loving people. You’ve got to love both.

— Enter Music

May we redeem our relationship to love, with love.

May we be people marked by love.

And may love heal us and those around us.

Amen

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Thanks for sitting a while with me. I trust that hearing and receiving some of what the Bible says about love will help you take a step toward wholeness so you can finally see what good relationships are made of.

Don’t forget I have some open slots for individual coaching. Let’s talk about how to love well together, and maybe even heal from the moments when love hurt you. Visit [www.kerrahfabacher.com/book-online](http://www.kerrahfabacher.com/book-online) for info on how to get started.

To finish up, the transcript for this episode is 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.