This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_30\_\_\_\_. 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.

These past few months have been pretty hard on me. As a counselor and a coach, it is easy for me to simply share objective truths here about relational wholeness, truths that help you make one more step each week to love God, love yourself, and love others well. The hard part is the living out of those truths, the practicing what I preach.

And if I’m honest, I haven’t been doing this so well.

In late 2020, the weight of everything going on in the world and in my life finally began to hit me. I started sinking into a season of depression before I even knew what was happening. I started to pull away from others, slowly getting more and more isolated. I stopped taking good care of myself, stopped having any motivation to. No exercise, no friend time. Little engagement with my family. No time with Jesus. Just deeper into myself.

Loving God. Loving myself. Loving people. All non-existent.

Because we can’t love well when *we* aren’t well.

I fell into a state of numbness, of trying to keep my head above water, of trying to get the bare minimum done because my head was always in a fog and doing more was nearly impossible.

I got lost in fiction, stories that took me away from my reality for a while.

But in the past month or so, I have realized what was happening. My counselor asked me the other day what was keeping me from getting back into better rhythms and trying to get back to a place of wholeness. For so long, I would have blamed it on my husband’s work or having three small kids or some other external factor.

But when she asked me, in that moment, I knew. It was me.

I was standing in the way of my own healing.

I was making choices everyday that were making my depression worse. Staying up until 2 in the morning reading novels. Not making exercise a priority. Avoiding my kids at home. Spending too much time on my phone. Sleeping during the day. Not opening my bible.

Here I am— teaching you how to love yourself and love God and love people. But I’m not doing what I am asking you to do.

But I believe that my vulnerability with you right now will help you be vulnerable about something you’ve been going through, too. Because relationships are hard, and life has been hard, too, hasn’t it?

This last year has been one of the hardest of our lives. And it seems we are all just trying to keep our heads above water, not just me.

The grief and the loss. The anxiety and depression. The strain on our marriages and families. The loneliness and isolation. The fear and exhaustion.

It’s all been so hard.

But hear me. None of that is standing in the way of your healing. None of that is keeping you from having whole and healthy relationships. It affects us, yes, just as it has deeply affected me. But it isn’t what is standing in the way.

You are. Just like I was standing in my own way, too.

Sure, I knew there were a couple of things that were happening outside of my realm of control— my depression, the losses I was walking through. I’m sure there are some things like this for you, too.

But those circumstances don’t have the final word.

We have choices. Even when we feel like we have none.

We have choices every day to get up. Put our phones down. Get outside. Spend time with Jesus. Move our bodies. We have choices. We may not have the energy or motivation, but we still have the choice.

We can begin walking in the way of healing.

Making small choices that love on our own hearts, so that we can then love on others’ hearts, too.

In his newest book, *Get Your Life Back,* John Eldredge teaches us simple practices to implement that gently lead us toward wholeness. He says this, “The way you treat your heart will be the way you treat everyone else’s.”

We can’t love people if we can’t first love ourselves.

We can’t be a good friend or a good mom or a good spouse. We can’t do our work or lead in ministry. We can’t do any of it if we can’t love ourselves. And we can’t love ourselves well if we don’t love God, because God is the One who teaches us *how* to love our hearts. He is the one who gives us value and worth as individual human beings.

It is all connected.

So my question for you today is “How are you treating your heart?”

Because I’m guessing it has taken a beating this year like mine has.

How are you treating your heart?

And I’m not talking about your surface-level forms of self-care. The mani/pedis and massages and long bubble baths and trips to Target by yourself. I’m not even talking about exercise and healthy habits.

I’m talking about a self-love and self-care that goes deeper than that.

I’m talking about your heart.

Are you taking care of it?

I had to realize the hard way that I wasn’t caring for mine.

And yes, I know doing surface-level self-care helps give us the energy to do the deeper-level self-care, but we must be willing to go to those places.

To get vulnerable with ourselves and reflect and be willing to ask ourselves hard questions. To be aware of our feelings and thoughts and values and beliefs. To understand our personalities and our traumas and our stories. To know our pain and heartache and why it’s there. To learn to give ourselves grace and accept where we are and be kind to ourselves. To begin to acknowledge these deep things to ourselves, to God, and eventually to others. This is what I’ve had to do lately, too.

My friend, this life is not always kind to us, and I can’t imagine the pain you’ve walked through. Maybe the pain you’re still walking through.

But I know your heart is worth tending because the One who made it loves you deeply. And He wants you to be whole.

To end our time together today, I want to give you a simple list of things you can do to take care of your heart.

1. Go to counseling.

Recently someone told me they don’t trust counselors. I was taken aback, because as you know, I am one, ha! But this may be something others feel, too. And I get it. Not all counselors are good ones. But it’s worth it to do your own therapy when you find a person who is one of the good ones. You can find out more about the counseling I do by visiting [www.fulllifecc.com](http://www.fulllifecc.com). If you are not working through any serious trauma or mental illness, you can also consider coaching. To find out more about the coaching I do, head over to [kerrahfabacher.com/book-online](http://kerrahfabacher.com/book-online).

2. Take your meds.

If you battle any mental illness, like depression, anxiety, or others, and medication is needed, take it. This does not seem like deep heart work, but you can’t do the deep work if your symptoms are debilitating. Take your meds, and feel no shame about it.

3. Read your Bible and spend time in prayer.

Gosh, I hope this doesn’t sound preachy, but the Bible gives us life. It is the very *word* of the One who is called the Bread of Life. When I’m not in my bible regularly, I feel so off. It is one of the most powerful ways you can take care of your heart— by filling it with truth. I like the Dwell App and the Abide App to listen to scripture and meditate on it. You can follow a plan or simply start with a book of the Bible and begin reading it daily. It doesn’t have to be fancy. Even ten minutes is a way to fill your heart with truth. And we can’t be whole on our own. We need Jesus for that. We need *Him* to tend to our hearts. So spending time in prayer is vital, too. We need what he has to say.

4. Spend quality time with your people.

Healing never happens in isolation. So make time to be with your close friends and loved ones. Prioritize this. Being with them brings us life and fun and laughter, but also deep conversations that our hearts need.

5. Honor your limits.

Know your needs and boundaries, what is too much and what is healthy/unhealthy. And it’s up to you to honor these limits. Say *yes* when you need to, and say *no* when you need to.

6. Make time for reflection.

You can use a reflection journal or something with prompts, or you can do this on your own. In this process, it is important to be completely honest and not hold back. Even if the answers feel scary and uncomfortable.

Enter music—

You can reflect on things like this:

How is my heart?

How am I really doing?

How do I feel about this situation? What am I thinking?

What were the hardest moments of this week?

What were the best moments of this week?

What do I wish were true in my life right now?

What am I grieving?

What am I welcoming?

What am I learning?

This list is just a small list, and I could give you many more. But right now, I just want you to consider how you prioritize your heart. Do you value it? Do you care for it? And if not, why?

I pray that you will see the value in you, that you would dig deep and take care of your heart as God cares for it. So that you would be able to then care deeply for others.

Thanks for sitting a while with me. I trust that learning to take care of your heart will help you take a step toward wholeness so you can finally see what good relationships are made of.

One big way that I am learning to take care of my heart is honoring my limits. Here on the podcast, that means a slightly different schedule. Next month, we will begin putting out episodes the first three weeks of every month. I will take off the fourth week of each month to have the time I need to take care of myself and my family. There will also be some longer breaks every few months, too, like we just had. The podcast isn’t going anywhere, just making some adjustments that feel sustainable. I can’t wait to see what God has in store for us here.

I would also be honored to help you on your own journey toward wholeness. Again, you can check out how you can work with me on a one-on-one basis at [kerrahfabacher.com/book-online](http://kerrahfabacher.com/book-online). I also have some resources for you in the shop on my website, in the resources, and on the blog. You can find it all in the menu at the top of the home page of my site.

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

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

Until next time friend, I’ll see you soon.