This is Be Known, and I’m Kerrah Fabacher, your host. You’re listening to episode 8. 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.

I have three sassy, fiery little girls. I love raising strong women. But they are sensitive, too. They are bold, but tender. They are the ones who play in the dirt in sparkly princess dresses and pretend to save the world in their tiaras. They cuddle up close and sing at the top of their lungs and dance like no one sees.

But though they are fierce, one thing I have noticed about my girls is that words matter to them. Words cut right through them— in good ways and in not so good ways. If they hear unkind words out of our mouths, they feel so hurt; but if they hear affirming words, they beam with joy.

“I love you” is a non-negotiable phrase in my house. We say it, and we say it often.

They may question whether others love them in this life, but my prayer is that they never question that about me.

So it may be slight overkill, but we say it multiple times a day.

We say it when we are angry. When we are afraid. When we are thankful. When we are tired. When we are joyful. Everything else may be shakey and tense, but my kids better know that we love them.

My middle child is maybe my most sensitive of the three. But she is also the most affirming. She will stop what she is doing to come find me, wiggle her nose against mine, and tell me that she thinks I am beautiful or that I am the best mom she has ever had. (Even though I am the only mom she has ever had)

She does this throughout day. And what it is fun about this is that she does it to make me smile, but she also does it to make herself smile. She comes in smiling from ear to ear, looks me straight in the eyes behind pink glasses, and tells me she loves me. It is something she does to bring herself joy, too.

These moments are some of my favorite.

Moments that mean the world to me.

Because as much as I love telling my girls I love them, I need to hear it said back.

Healing happens in those words. Connection happens, too.

They are powerful.

I can’t tell you how many times I hear someone tell me that she wants her friends, family, and romantic partners just to tell her what they love about her. This simple thing can be the very practice that renews a relationship, brings hope, and fuels deeper intimacy.

But people just don’t say it enough.

We may feel gratitude for another, but we don’t point it out.

We may notice a behavior that draws us to a person, but we keep it to ourselves.

We may say “I love you,” but rarely do we say why.

There was a moment not long ago when it hit me:

God wants to hear me say what I love about Him, too.

He does not need my affirmation as I need it.

But He wants us to say these things back to him that He has been saying to us all our lives.

He wants to hear that we love him, too. It is a form of prayer.

In his book called *Prayer, T*im Keller says this:

 The grounding motive of Spirit-directed, Christ-mediated prayer — is to simply know Him better and enjoy His presence. Consider how different this is from the normal way we use prayer. In our natural state we pray to God to get things. We may believe in God, but our deepest hopes and relationships. We therefore pray mainly when our career or finances are in trouble, or when some relationship or social status is in jeopardy. When life is going smoothly, and our truest heart treasures seem safe, it does not occur to us to pray. Also, ordinarily our prayers are not varied — they consist usually of petitions, occasionally some confession (if we have just done something wrong.) Seldom or never no we spend sustained time adoring and praising God. (P. 77)

God knows what this practice of adoration can do for our relationship with Him. Walls come down. Freedom comes in.

What if we decided to tell God one thing every day that we love about him? Just one.

I love your beauty.

I love your creation.

I love your compassionate heart.

I love your fierce love for your people.

I love your grace.

I love the people you have given me.

I love your works.

I love the story you are writing.

I love your holiness.

I love you.

Just one thing every day.

Putting this into practice goes one step further than finding gratitude.

This practice sets our minds on things above instead of everything we are going through, and it reminds us of who God is. That is grounding. It keeps us steady. It keeps us from sinking.

When you aren’t sure how to pay the next bill: God, I love your provision.

When you aren’t sure if you want to wake up tomorrow: God, I love that you are the author of hope.

When you feel lonely: God, I love that you never leave me.

When you feel joy: God, I love how you care for me.

When you don’t see two lines on the pregnancy test: God, I love that you see me.

When your spouse leaves you: God, I love that you choose me.

When you lose the job: God, I love that you are writing a better story for me.

When all seems right: God, I love who you are.

Tell God what you love about Him.

And see how it can be healing.

As my little girl’s words overwhelm me with all the good feelings, so will our words do the same for our maker. It fills Him to the brim and overflowing. It must feel so good to finally have his love requited.

Enter music:

To end our time today, I will share a passage from the Psalms. Listen to how David tells God what he loves about Him. It goes on further past this section, but here is Psalm 18:1-6

It says this,

I love you, O Lord, my strength.

The Lord is my rock and my fortress and my deliverer,

My God, my rock, in whom I take refuge,

My shield, and the horn of my salvation, my stronghold.

I call upon the Lord, who is worthy to be praised, and I am saved from my enemies.

The cords of death encompassed me;

The torrents of destruction assailed me;

The cords of Sheol entangled me;

The snares of death confronted me.

In my distress I called upon the Lord;

To my God I cried for help.

From his temple he heard my voice, and my cry to him reached his ears.

Thanks for sitting a while with me. I trust that this practice of telling God what you love about Him 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).

If you do not get the monday minute, our weekly email with practical next steps that I teach my counseling and coaching clients, you can sign up at the link in my instagram bio or under “monday minute” on my website. And P.S. Have your taken our quiz that will show you your personality style in relationships? You can find it at the link in my instagram bio or in the pop-up on my website.

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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!