This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_\_35\_\_\_. 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’ll be honest with you, friend today.

Life has been anything but simple for me lately. It feels like there is grief upon grief. Loss upon loss, and barely any room to grieve them. As a counselor, I always endeavor to hold space for you here— to help you make the steps you need to make sure your relationships are whole and healthy, that YOU are whole and healthy.

But y’all know it’s been challenging for me lately to be whole and healthy myself. My dad’s been dealing with some serious and life-threatening cardiac issues. My family has been endlessly sick. My husband was super busy with work until a couple of weeks ago. Just a whole lot of hard all at once. Isn’t it always like this?

When it rains, they say.

So this episode is simply to allow you also the space to grieve what you need to grieve.

To feel what you feel.

I’m holding space for you and with you.

So for now,

I want you to close your eyes, and take a few deep breaths. Release any distracting thoughts. And simply allow yourself to feel whatever you feel.

And simply listen as I speak this over you.

May this be a moment to honor your needs.

To be still in the presence of God.

To cry if your body needs to cry

To yell if your body needs to yell.

What is it that you feel?

Anger?

Loneliness?

Grief?

Joy?

Sadness?

Hurt?

Fear?

Take a moment to name what you feel.

Sit with that emotion for a bit.

Where do you feel the emotion in your body?

In your chest?

In your shoulders?

In your arms or hands?

In your neck?

In your stomach?

Notice where you feel it.

Allow yourself to be present here in this moment

And keep taking deep breaths.

Don’t try to avoid your feelings here.

Welcome them as you would a friend

Sitting on the couch in the living room.

Allow the tears to come in they need to.

This is your moment.

Continue to take some deep breaths.

Is there something you would like to tell God in this moment?

No fear.

Nothing holding you back.

Just complete honesty with God right now?

Do you need to tell him you are afraid?

Or angry?

Or depressed?

Or hurt?

Spend a moment to tell him now.

You can even press pause on this episode to spend whatever time you need being honest before God.

Honesty is healing.

We can feel our feelings and be present with ourselves as much as we want,

But if we are never honest with God about those things,

We won’t know true relief or true healing.

So spend time in honest prayer now.

Can I pray this over you, too?

Lord,

Life feels so heavy sometimes.

The losses keep growing

And the fears keep paralyzing.

The pain is unbearable at times, God.

Will you be ever present in this time of trouble?

Lord, hear my prayer.

I’m not even sure which way is up most of the time right now, God.

I don’t know what you are doing,

And I’m struggling to trust you.

Will you wrap your peace around me and remind me of who you are?

Lord, hear my prayer.

I choose to run back to you, Jesus.

Again and again.

I’ll keep returning to you.

I’m choosing to remember who you are

That your promises are true.

That you are good and kind and full of compassion and mercy.

That you see me.

That you haven’t forgotten me.

Lord, hear my prayer.

I lean into who you are

When life doesn’t make sense.

When the diagnosis is grim.

When depression and anxiety is debilitating.

When the addiction won’t go away.

When the person keeps hurting you.

When the grief is too much to bear.

When the money isn’t coming in.

I lean into who you are.

Lord, hear my prayer.

My friend, I hope that this has been a short, quiet moment of presence. Of truth. Of honesty with yourself and God.

Because sometimes life moves so quickly that we don’t allow ourselves the room to sit with yourself and see. To really see what is going on deep within you.

To take one more step toward healing.

May it be so.

Thanks for sitting a while with me. I trust that allowing yourself to be present with your feelings will help you take a step toward wholeness so you can finally see what good relationships are made of.

If you didn’t know, for a while, the podcast will be moving to a new schedule: we will have an episode come out for the first three Mondays of every month, unless it is a month where I take a longer break. So for the next couple of weeks, it will be quiet around here. This is to give you guys moments to have more stillness and to give me that time, too. I love being here with y’all, and I love being on this ride together.

To finish up, the transcript for this episode is on the podcast page on my website, [kerrahfabacher.com](http://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.