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Be Known, The Podcast

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Episode 4: Tune Out the Lies

This is Be Known, and I’m Kerrah Fabacher, your host. You’re listening to episode \_\_\_\_4\_\_. I’m so glad you are here. 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. A place where you feel truly known.

So come on in and sit a while. Let’s get real and see what kind of healing happens here.

When I was in high school, my friend and I were hanging out at her house. This was when our phones barely dialed phone numbers, but they had a new feature of voice recording. We were fascinated by this. She told me she had recorded her voice singing the iconic “I will always love you,” by the late Whitney Houston.

Now let me give you some back story. I had never heard my friend sing. She sat next to me in chapel at school sometimes, but I could not really hear her sing. Probably because I thought it was cool to flaunt my own vocal talent loud and proud in chapel services. Yes, I did that. And it was slightly obnoxious.

So on this day in her house, she played me the voice recording of her singing that song, and I was like, good grief, this sounds amazing. I praised her, and then felt yucky, because I THOUGHT I was a good singer. But geez, my friend was amazing. She never sang this in front of me, and I believed it was her voice on the recording.

Also, one more thing you should know. I had never heard “I will always love you” before that moment. I am serious. My parents only allowed Christian music in our house, so I had no idea Whitney Houston sang anything other than the song from the Prince of Egypt.

It was not until years later when I heard the actual song “I will always love you,” that I remembered my friend’s voice recording. It sounded identical to what I heard years before. Y’all, ole’ girl lied straight to my face and I believed it! She had recorded the song and made me believe it was actually her singing.

And gullible me. I did not question it.

How are some lies so easy to believe? How are some people so good at lying, that they even begin to believe the lies, too?

Lies creep in and manipulate us into allowing them to stay.

Once they’ve entered in, they steal from us and ultimately destroy us.

If it is hard to know truth from a lie when someone else is doing the lying, why would we think it would be any different with the lies we tell ourselves? We are the best at convincing ourselves something is true, but just because we think it does not make it true.

There are often lies that we believe about ourselves. Lies that embed shame deep within us that leads us to believe the lies more and more. And that shame keeps us from having full and healthy relationships in our lives.

We believe that our bodies are disgusting or that we will never amount to anything or that we do not matter.

We believe others have more to offer than we do, or that there is no room for our voice at the table.

We believe that we are ugly, a failure, and too much of a screw up for God to love us.

We believe that we are not allowed to tell God we are angry or feeling doubt.

That we are not worthy of love, that we are unseen, that we have been forgotten.

We believe that we deserve the mistreatment we receive from others, and we believe we have no power to change that.

We believe that no one cares, that no one loves us.

I’m sure you could add so many more.

In *The Search for Significance* by Robert McGee, he names three main lies that we believe:

The first is that “I must meet certain standards to feel good about myself.” (Chapter 3)

The second is that “I must be approved by certain others to feel good about myself.” (Chapter 5)

The third is “I am what I am. I cannot change. I am hopeless.” (Chapter 7)

In therapy we call these things like cognitive distortions and at a deeper level, core beliefs.

But I see a common theme among them all.

We believe there is something terribly wrong with us, and we need to be a certain way in order to receive love.

And we start trying to please others in order to feel accepted.

We overwork ourselves in order to feel like a success.

We diet and exercise excessively to feel attractive.

We attempt perfection in order to feel good enough.

We pull away from relationships because we are afraid that we are too much for them or because we do not believe they care.

We fall into depression and a self-loathing that can lead to much more serious things.

And our actions push the lies deeper within in so that they become much harder to uproot.

Is there a way for us to uproot them? To uninvite them?

In a simple answer, of course. But it takes time. It takes being willing to sit in the uncomfortable feelings the lies create within us. It is willing to pay attention and listen to our thoughts and notice what they are telling us. It is being courageous enough to question them, to put them on the stand.

It is asking ourselves, is this true? Is this kind? Do I truly believe this? What makes me think it is true? How do I know it isn’t? If it isn’t, what is truth?

In this process, be kind to yourself. The last thing you need is more shame.

In the book, *Self-Compassion*, by Kristin Neff, she says this: “Self-compassion… requires that we stop to recognize our own suffering. We can’t be moved by our own pain if we don’t even acknowledge that it exists in the first place… By giving ourselves unconditional kindness and comfort while embracing the human experience, difficult as it is, we avoid destructive patterns of fear, negativity, and isolation.” (From Chapter One)

All the things that lies can produce.

You will learn to find truth that tears down the lies you believe. You will also still find that the lies will keep trying to creep in.

That does not mean you are doing this wrong. It simply means you are growing, and there is a very real enemy, the Father of Lies, who does not want you to grow. So he will keep planting the lies, but it is up to you to uproot them.

One of my favorite experiences leading bible studies was at my friend Hannah’s house in Baton Rouge. We were all LSU students, but every week we came to her house and studied the bible together. One night, I decided to talk about these lies that we believe. I had them write on notecards as many lies as they could think of. And then, they had to sit in the bibles and find truth that countered the lies. It was incredible.

So I share the exercise with you: Find a truth that counters the lie.

Write your lies down. Think of as many as you can. Then, spend time in scripture to find truth that tells you something different. You can also simply practice writing a new truth if you cannot find a scripture that seems to work.

Here is one of my favorites to remind me daily when I often believe that I am unloveable:

“I have loved you with an everlasting love; therefore I have continued my faithfulness to you.” Jeremiah 31:3 (ESV)

MUSIC

To end our time today, I am going to read a passage out of Henri Nouwen’s book, *Life of the Beloved.* (P. 30-31)

Yes, there is that voice, the voice that speaks from above and within and that whispers softly or declares loudly: “You are my beloved, on you my favor rests.” It certainly is not easy to hear that voice in a world filled with voices that shout: “You are no good, you are ugly; you are worthless; you are despicable, you are nobody— unless you can demonstrate the opposite.”

He goes on to say: (p. 33)

Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the “Beloved.” Being the Beloved expresses the core truth of our existence.

Thanks for sitting a while with me. You can find me on instagram @kerrahfabacher or at my website, [www.kerrahfabacher.com](http://www.kerrahfabacher.com).

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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!