This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_25\_\_\_\_\_. 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.

Ok, so here’s where I share another embarrassing truth. Ha. If you haven’t noticed yet, I am not afraid to be real here. It’s the only way to show you that you can be real, too. As a counselor, I could share truth with you all day long and not bring in my own personal experiences. But seriously, where’s the fun in that? I know I connect best with people who share their stuff. Because it feels like my stuff isn’t so crazy after all. Ha! So that’s I’ll do here today.

Here’s my confession:

I don’t know who I am apart from a significant other.

Yep. I just admitted that out loud to you.

But I’m 100% serious.

This weekend we celebrated Valentine’s Day, and y’all know I can’t pass this topic up since this *is* a podcast about relationships.We don’t usually talk about romantic relationships specifically, but why not this week?

I started dating boys when I was a freshman in High School. And I haven’t stopped since. It’s one part of my story that brings the most shame, the part of my story that I wish I could start over. Take back. I dated one guy after the other, and sadly usually started crushing on another guy while I was still dating the other one, all the while having best guy friends, too. I literally can’t remember how many I dated. Some lasted for two weeks. Some lasted for two years. But every time one relationship ended, another began immediately. In fact, right before I met Beav, my husband, I had just ended a year and a half relationship. And you know what I said after that breakup and every breakup for that matter? I said, “I think I just need to be single for a while, to get to know myself without a boyfriend.” I never got the chance. I met Beav two weeks (literally) after I broke up with the one before him. And within a couple of weeks, we were dating. And now we’re married.

Since I was 14 years old, I have not known myself apart from a dating relationship, because I haven’t given myself a chance to. Any time I was given attention, I took it. If someone made me feel beautiful, I believed I was beautiful. If someone told me they loved me, I believed I was loved. And if someone didn’t, if someone rejected me? Well, then I didn’t feel loved or wanted at all.

And if that’s not the picture of insecurity, I don’t know what is.

My relationships defined who I was.

And sometimes I still struggle with this. Like how often have I thought something like, “Where would I be without Beav? Or I don’t know what I would do without Beav.”

Here’s what I need to know and what I need you to know:

You are not your relationship status.

We live in a culture that celebrates romantic connection above all connection, so we feel this pressure to have it. And I used to crave it. Boys said I was pretty, I would date them (even if I thought they were unattractive). Boys wanted to be my best friend and I would be their best friend (even though these often ended in disaster). Boys flirted. I flirted back.

It was like a drug.

Filling some void in my life— giving me identity.

But do you hear the madness in this?

I know I’m not alone in this. Whether dating or not, married or single, we tend to identify ourselves based on this. Marriage is elevated and sometimes straight up worshipped in the church, and so if we aren’t married we assume we are less than those who are. Or if we are divorced, we may think are a failure. We ask single friends who they have been dating lately or if we can help set them up with someone instead of considering they may be be perfectly content. We identify with a certain sexuality based on our attraction. We think we are desirable if someone wants to have sex with us. We don’t know who we are outside of romantic relationships or the lack thereof. We act like the essence of who we are lies in who we date. Or marry.

And friend, can you just hear me say this one simple thing today? If nothing else: You are not your relationship status. You are not the person you are dating. You are not the type of people you are attracted to.

You are more than that.

You are so much more that.

And so am I.

See what I didn’t realize was that I was loved even if no one showed me. That I was chosen even if no one chose me. I was wanted even if no one wanted me. If I would have known this deep in my bones, I could have avoided a lot of heartbreak for myself and others.

I settled for a counterfeit version of love. I soaked in the affection of the guys I dated like a sponge. But none of that affection or attention lasted. It all faded away.

Even in my marriage, Beav does not love me perfectly, and I don’t love him perfectly either.

He doesn’t always show me the attention I would like.

And if I only identified myself with that, I would think I was not worth love. That I was not loved.

But I am. And so are you.

This is going to seem so churchy and cliche. And forgive me for that.

But our identity is founded on one thing, and one thing alone. We are created in the image of God. Created BY God. He made us and loves us and has chosen us. Everyday. Forever.

We don’t need some person to want us. He wants us. We don’t need a boyfriend to know that we are worth someone’s attention. We have the attention of the King of the universe. We don’t need a guy to say we are beautiful. We are the masterpiece of the Great Artist. Flawless in his eyes. We don’t need our husbands to love us perfectly. We are already loved perfectly. Completely.

Enter the music—

I know this is a simple truth today, but it’s one that needs to be said.

You are loved. You are wanted. You are chosen. No matter if you are married or not. Single or dating. You are loved.

And that will never stop being true about you. Or me.

I pray that we can be the people that embrace this identity, this truth about ourselves. That we are more than our romantic relationships, and we are more than the attention we get in them. We are loved by God.

And may that be enough. May we see that it will always be enough. If we cannot embrace this, found everything on this, then we will always be expecting our romantic partners to fill a void that was meant to be filled by Jesus. And that’s unfair to us and to them. Let’s find our security in our identity as the beloved.

The Lord says over us that He loves us with an everlasting love. That we are a chosen people, set apart for him. That he gave his life because he loved us so much. That his love never ends. Never fails. That nothing can separate us from it. If we never believe another thing in our lives, may we truly believe that He loves us.

Thanks for sitting a while with me. I trust that knowing you are loved will help you take another 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).

The transcript for this episode is on the podcast page 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! —Finish with last couple seconds of music