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**Be Known, The Podcast**

**Episode Two: Be Known**

Kerrah E. Fabacher

--Music

This is Be Known, and I’m Kerrah Fabacher, your host. You’re listening to episode 2. 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.

I have a nerd-like love of words. I used to read dictionaries for fun. Go ahead. Make fun of me. I (think?) I am secure enough to handle you laughing and pointing. I will admit, it was kind of strange.

Words are fascinating to me. I am a sucker for a thorough Greek and Hebrew lexicon, and if I can’t get a word out of my head, I look it up in the dictionary. I used to read some of the old Encyclopedias on my parents’ shelves. I could have won a prize for how quickly I could memorize vocabulary words. I memorized the entire book of Philippians for a seminary class assignment, and I loved every second. I love well-written poetry, and I could read the words written by another for days on end. I pick a word for each year, and I write on a regular basis because I know the power of words.

Words have meaning. And Worth.

I originally wanted the podcast to be called “Know and Be Known,” but after some deliberation, I cut it shorter to simply “Be Known.” For months I have not been able to get this phrase out of my head. I heard it and nearly trembled because I knew deep down it was a core desire of my own- to be known, to be seen, to be loved, and to be heard.

For a while I saw this desire as a weakness. Something that when out of balance could make me look desperate or insecure, unsure of myself.

I was ashamed that I felt this way.

And of course, when there is shame, there is fear. So I hid it.

But lately I have come to see it differently.

We were made with this desire.

We were made with this desire because we were made in the image of God.

A God who longs for us to know Him, too.

My most recent word crush was found when I was looking up the word, “know.” I originally went to my handy dandy Webster’s Dictionary, but then I thought, “I think I want to know what this word means in scripture.”

The word *know* in the Hebrew is *yada (accent on the end).* It is used over 900 times in scripture. (Strong’s Concordance #H3045)

It essentially means to see. To understand. To be aware of, to know by experience. To be known.

I saw it first in Psalm 139. My friend Katherine shared this Psalm with me at least fifteen years ago. I wish I could remember when, but I do remember reading it in her handwriting in a note she wrote me. You know, back when we wrote notes with our actual hands.

The psalm held me, and I clung right back.

David says in verse one:

“O Lord, You have searched me and known me.”

It stopped me in my tracks. This longing that we have so deeply within us is met by the Father. He sees us. He knows us. He loves us. Wholly. Perfectly.

Though I believe in the value of being known by others, and even being known by ourselves, there is something so freeing about realizing that He knows us in the way we hope our people would.

But there is this fact that we were made in His image, in the *imago Dei.*

That word *yada* is used often when God is expressing his heart for His people to know Him. Know his love. Know his word. Know his glory. Know his holiness. Know that He is with us. Know that He is God.

The same God who knows us deeper than we could ever know ourselves longs to be known by us.

He created us like this on purpose, it seems.

To know him deeply, to know self deeply, and to know others deeply.

And to be known in return.

This requires a lot of us. It requires bravery. Vulnerability. Honesty.

It requires us to allow others to know us, to show them who we are, what we think, how we feel, what we need.

God has done His work, and He continues to do it. He has made himself known through scripture, through the life of Jesus, though creation, through His Spirit and His church. He makes Himself known in our everyday seemingly mundane moments of work or parenthood or service.

In *Here and Now,* Henri Nouwen describes God in this way: “The Good Shepherd who knows his own and is known by His own.” (P. 125)

Will we do this work, too?

Will we choose the courage of vulnerability, of bearing our souls for others to know? Of honesty, of truth-telling? And Exposing?

Because this is the work of healing, of wholeness, of living how we were created to live- known.

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(Music)

I will end our time today reading more of Psalm 139 (ESV) for you. Use this time to sit and reflect.

“O LORD, you have searched me and known me!

You know when I sit down and when I rise up;

You discern my thoughts from afar.

You search out my path and my lying down

And are acquainted with all of my ways.

Even before a word is on my tongue,

You know it altogether.

You hem me in, behind and before,

And lay your hand upon me.

Such knowledge is too wonderful for me;

It is high; I cannot attain it.

Where can I go from your Spirit?

Or where shall I flee from your presence?

If I ascend to heaven, you are there!

If I make my bed in Sheol, you are there!

If I take the wings of the morning

And dwell in the uttermost parts of the sea,

Even there your hand shall lead me,

And your right hand shall hold me.

If I say, ‘Surely the darkness shall cover me,

And the light about me be night,’

Even the darkness is not dark to you;

The night is bright as the day,

The darkness is as light to you.

For you formed my inward parts;

You knitted me together in my mother’s womb.

I praise you, for I am fearfully and wonderfully made.

Wonderful are your works;

My soul knows it very well.

My frame was not hidden from you,

When I was being made in secret,

Intricately woven in the depths of the earth.

Your eyes saw my unformed substance;

In your book were written, every one of them,

The days that were formed for me,

When as yet there was none of them.

How precious are your thoughts, O God!

How vast is the sum of them!

(Verse 23)

Search me, O God, and know my heart!

Try me and know my thoughts!

And see if there be any grievous way in me,

And lead me in the way everlasting!”

——— Outro

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).

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. You can take our quiz that will show you your personality style in relationships and where you can grow! You can find it at the link in my Instagram bio or in the pop-up on my website.

The transcript and show notes for this episode are on the podcast page on my website.

Don’t forget to subscribe so that you never miss an episode! I would also be so grateful if you would rate and review the podcast so that more can listen in.

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!