

Pondering Point

Home is a sanctuary that we use to detox and destress from the toils of the day. Being one of the few places we can (legally) undress, it is where we feel vulnerable and it brings us solitude and peace. Many of us are fortunate to have people in our homes that help us unwind and rejuvenate. They allow us to be ourselves at our very core. *Do we sometimes take our homes and the people in it for granted? Home is a safe place. Are we taking care of the home itself as well as the people that live there? If we live alone, what can we do to make home feel comfortable and loving?*

Whether we live in a crowded house or on our own, a home is littered with memories of people we care about and who care about us. These can be pictures, antiques, furniture and so much more. It is a place to invite people that are important to us to share the comfort of our home. ***If home is where our heart is, then isn't allowing others to see it like allowing them to see a piece of our heart?*** It is an invitation into our sanctuary and a way to build relationships. A home can be a reflection of where we are in life. *Do we have a home that is well-lived in?*

Is HOME where your HEART is?

How do you use your home to help build relationships?



Imagine... knowing you are coming home to a place where you feel loved and comforted.

— From Pondering to Practice —

Activity:

Try This - Host a dinner party!

Invite a group of people into your home that are special to you. Find your own comfortable way to tell the guests how much their support and comfort mean to you. This could be through a heartfelt group toast or on a one-to-one basis throughout the evening. Spend the evening celebrating the wonderful people in your life and the comfortable home you have to host them in.

Creative Idea: Create little thank you notes to set as place cards for your guests!

Reflection:

- What is great about coming home each day?
- What could make it even better?
- If applicable, how are the relationships with the people in your home?
- How do you use your home to help build relationships?
- If your walls could talk, what would your home say about you?

"Home is a place not only of strong affections, but of entire unreserve; it is life's undress rehearsal, its backroom, its dressing room."

- Harriet Beecher Stowe