



Refresh, Renew Your Living Space
by Karen Duckett

- The author says that “your living space should inspire and encourage you”. Does your living space inspire and encourage you? Why or why not?
- Do you agree with the author that “your living space should be a place of rest and refuge”? Is this true of your current living space?
- Have you ever “Refreshed and Renewed” your living space? If yes, how did you feel afterwards? If not, why not?

Bonus Questions:

- The article talked about many things, like clearing out items you do not need, keeping what you use/need, and even donating to others.....then sitting back, looking around and enjoying your refreshing home, a place of rest and refuge, which should inspire and encourage you.
- That’s your “living space” you can see. What about your “inner space”, your inner self, your mind, your emotions. Do you need to “Renew and Refresh” these areas of your life?

Reach UP to God

Scriptures

Jesus says in Matthew 11:28, “Come to Me, all you who are tired and weary from carrying heavy burdens, and I will give you rest.”

Philippians 4:6-7, “Do not be anxious about anything, but in every situation, by prayer, present your requests to God, giving Him thanks for helping you. Then you will experience God’s peace, which goes beyond anything we can understand. His peace will protect your heart and mind as you love Jesus and follow the teachings of Jesus.”