

Having a Home: Your Heart at Rest

Gretchen Stevenson



**Thank You...Thank You...
Thank You...**



This is us...

But is this
my HOME?

Are these HOME?



**HOME is that place where I am both
FULLY known & FULLY loved.**

O LORD,

You examine me and you know me.

You know when I sit down and when I get up;
even from far away You understand my motives.

You carefully observe me when I travel or when I lie down to rest;

You are aware of everything I do.

(Psalm 139:1-3).

In spite of my weaknesses,
mistakes, failure, insecurities,
fears, sorrow,
pain, exhaustion, confusion,
frustration, questions,
doubt and shame...

Where do I find home?



HOME is found in my faith.



God is my refuge and strength,
a very present help in trouble.
Therefore, I will not fear...

Psalm 46:1-2

Come to me, all who are
weary and burdened, and
I will give you rest...

Matthew 11:28



How Others Define *HOME*

- “Home is where I feel safe, secure, loved, and accepted. It’s a place I don’t have to define my strengths or explain my response. Home is where I can be me 24/7, where I can be the champion or be insecure and still be cherished. Home is a place of refuge...”
- “Home is where the heart can laugh without shyness. Home is where the heart’s tears can dry at their own pace.”
- “Home is the place where, when you have to go there, they take you in.”

What Values Or Qualities Make Up Your *Home*?

How would you define HOME today?



Have You Ever Been Lost?

How did I get here?

- Stop paying attention to our surroundings
- Stop prioritizing our needs over the needs of others
- Stop looking, asking, or crying out for help

Where Are You In Relationship to *Home*?



close



adrift



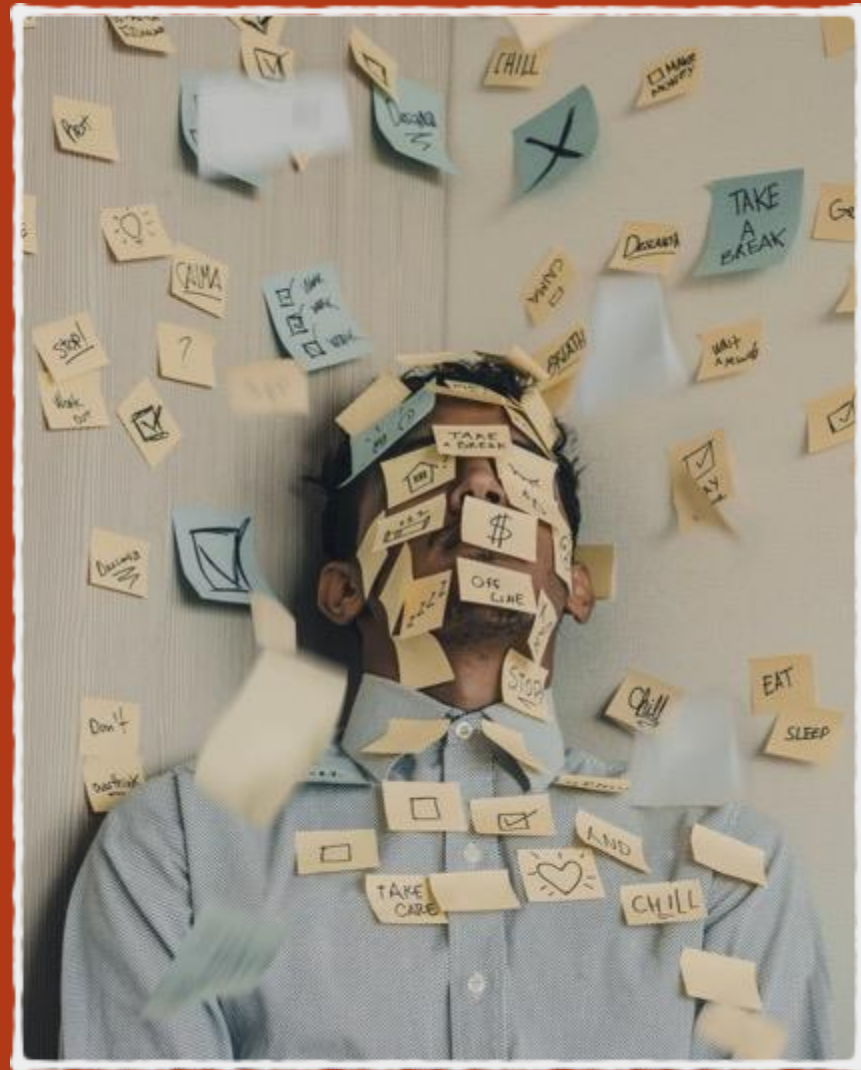
wandering away



lost



Influencing Factors That Can Separate Us From Home



Stress



Trauma



Pandemic



Constant motion you can't stop



Exhaustion



Isolation



Failure



Burnout

To be somewhere other than HOME can cause “symptoms” such as...

- Unsettled
- Panic
- Fear
- Out of Control
- Fatigue
- Insecurity
- Unsure
- Confusion
- Dispair
- Unworthy
- Shame
- Vulnerable

HOME Is Important

- Having a place we identify and choose to call HOME is critical to our ability to regulate external stressors in order to maintain an internal harmony & balance between our thoughts, feelings, and reactions.
- We don't want to live life randomly reacting but rather intentionally responding from a place of strength and well-being.

HOMEOSTASIS

“Is defined as a self-regulating process by which an organism (or person) can maintain internal stability while adjusting to changing external conditions.

Homeostasis is not static and unvarying; it is a dynamic process that can change internal conditions as required to survive external challenges.”

To be at HOME can create “healthy outcomes” such as...

- Contentment
- Peace
- Calm
- Assurance
- Rest
- Security
- Confidence
- Clarity
- Joy
- Worthiness
- Acceptance
- Safety

What would serving
from a place of greater
strength and wholeness
look like to you?

