

RESTORATION HOUSE

CREATING A HOME THAT GIVES LIFE AND
CONNECTION TO ALL WHO ENTER



KENNESHA BUYCKS

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN

Restoration House

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CHAPTER 1

A PLACE TO RESTORE YOUR IDENTITY

REFLECT

- What kinds of things in the home do you fixate on that help you feel safe, together, or in control? What stands in for your “identity”? For me it was perfect decor. For you it might be cleanliness, a full fridge and pantry, or something else. Why do you think that is?
- What are you really longing for when you desire these things? Write out a prayer you can pray as you encounter them, asking God to redeem them and restore your identity in Him.
- What kinds of things do you want God to “strip away” from your life? Your home? What would you pray that He’d replace them with?
- If you were moving to a completely new home, taking only what you loved, what items would you take with you, and what would you leave behind? Make a list, and try to offload a few of those unnecessary items through donating or reselling.

CHAPTER 2

MY HOME STORY

REFLECT

- How would you describe your home story? How was your idea of the home you wanted informed by your upbringing, both positively and negatively?
- Are there any ways in which this idea is at odds with reality? What could God be teaching you in that space of disconnect?
- What kind of story do you want your home to tell? How can gratefulness play a key part in that story?

CHAPTER 3

THE FREE HOME

REFLECT

Think back to your story. What places and spaces have left an impression on you, or made you feel at home, inspired, or comfortable just to be you—not necessarily the person you want to be, but the one you *are*? Jot down a profile of that place and pinpoint what exactly about it made you feel that way. It just might inspire you to re-create that feeling in your own space. For instance, a trip to the botanical gardens may have made you feel refreshed and hopeful, so botanical prints in vibrant colors against neutral backgrounds could reflect a lovely memory of that for you.

Why these places made me feel:

REFRESHED

HOPEFUL

RELAXED

COZY

ACCEPTED

CONNECTED WITH OTHERS

CREATIVE

CHAPTER 4

THE POWER TO DREAM AGAIN

REFLECT

- Are there any dreams for your home that have been stifled by circumstance? If so, how can you begin to give them to God?
- How can remembering your story help revive those dreams?
- In what small ways could God be encouraging you to keep those dreams alive?

CHAPTER 5

A NEW NAME

REFLECT

- What “named houses,” famous or otherwise, inspire you? How are they good at evoking a certain feeling?
- Let’s talk about the first name you thought of—the one your house might have now that you want to change. How can you pray for God to change that “message of doom” into a “message of joy”?
- How is it freeing for you to know that it’s not what your house looks like that’s important, but how it makes you feel? What kind of pressures can you say no to for that reason?

CHAPTER 6

FINDING YOUR PLACE

REFLECT

- Have you ever tried to replicate a design idea and it didn't work for you? Why was that? What might have worked instead, in light of your personal home story?
- Do you have trouble living with an unfinished space? Why or why not? What good might come of living with an unfinished space until you find the right things to put in it?
- Before you roll up your sleeves to tackle a room, identify five things you want to say goodbye to and five things you want to keep. How have these things fit in to the story you want to tell? Or how do they no longer fit?

CHAPTER 7

LET YOUR SENSES GUIDE YOU

REFLECT

- Look around your house now. Can you find an item that brings joy to you through each of your five senses? What is it about each item that speaks to you?
- What sounds do you find medicinal? Pinpoint a musical artist or album that makes you feel (1) calm, (2) energized, (3) unwound, (4) cheered, (5) positive, and (6) thoughtful, and make sure they're cued up and ready to deploy in your space.
- How could using all your senses, rather than just your eyes, on the next thing you bring into your home change what you choose or gravitate toward? What new possibilities might it open up to you?

MIX-AND-MATCH CHARCUTERIE BOARD SHOPPING LIST

HARDWARE

Board or boards (marble or wood is best)

Small bowls or receptacles for wet items

Cheese knives and forks

Party picks

Side plates (determine the size based on how quickly you want the food to be gone!)

Plenty of napkins

SOFTWARE

Really, anything goes here. Mix and match from these categories to get yourself started, but the more you do it, the more you'll discover what your taste buds like most. I'd choose three from each category, but the sky is truly the limit.

MEAT

Salami

Mortadella

Smoked ham

Prosciutto

Roast beef

Herbed turkey

Pâté

Sausage bites

CHEESE (FIRM OR HARD)

Cheddar

Gouda

Muenster

Manchego

Good quality Parmesan

CHEESE (SOFT)

Brie

Camembert

Goat
Boursin or herbed cheese

Sheep milk cheese

CHEESE (AGED)

Gorgonzola
Stilton

Roquefort
Taleggio

CRACKERS + BREAD

Cheese straws (great for
draping with prosciutto)
Platter-shaped water crackers
Basket of baguette slices (if you're
going for a meal option)

Rougher breadlike wafers
Classic butter crackers

SPREADS

Fig
Hot pepper jelly (especially with
cream cheese)
Apple butter

Pear preserves
Raspberry
Chutney
Mustard

PICKLED GARNISHES

Olives
Pickled onions
Cornichons

Pickled beans or carrots
Pickled radishes
Caper berries

DRY GARNISHES

Almonds
Cashews
Shelled pistachios
Walnuts
Dried apples

Candied nuts
Raisins
Dried cranberries
Figs

CHAPTER 8

MAKING SPACE FOR GOD

REFLECT

- What would you say is your best environment for finding closeness with God? Have you felt close to Him in the past in any special place, like a retreat or in nature? How can you reflect or re-create this in your quiet space?
- What things tend to distract you from time with God? How can you fortify and protect your space (and time) against these things?
- In what situations do you often feel like you're going to "run off into the parking lot," when you need God to hold you tighter? How does regular quiet time with Him help you prepare for these situations?

CHAPTER 9

THE POWER OF THE IMPERFECT

REFLECT

- If you had to choose between the perfect house and making wonderful, rich friendships, which would you choose? Are there ways in which you have actually had to make this choice?
- Think about the relationships in your life. If you were to “decorate your life” with these beautiful relationships, how would you make sure they take pride of place? Meet with others more often? In simpler ways? In more adventurous ways?
- Home-wise, how do you tend to be perfectionistic or feel inadequate about your stuff or the state of your home? How can you keep a motivation for order or tidiness from crossing over into something that prevents you from opening your home up others?

CHAPTER 10

ENTERTAINING WITH STYLE + GRACE

REFLECT

- Think about a few of the best parties you've been to, be they weddings, home gatherings, or formal affairs. What little details did you find delightful?
- Who in your life can you bring onto your party team? Who would make a good cohost? Who can you invite whom you'd like to get to know better?
- How have you been healed through community and hospitality from other people? How can you become a healer too?

CHAPTER 11

GATHERING IN ALL SEASONS

5-Minute Natural Bug Repellent with Essential Oils

Ingredients:

30 drops citrus oil (orange/lemon)

30 drops eucalyptus essential oil

20 drops lavender essential oil

1 Tablespoon rubbing alcohol

1/2 cup witch hazel

1/2 cup water or vinegar

1 teaspoon vegetable glycerin (optional)

Directions:

- + Place essential oils in an amber glass bottle (can be ordered via online bulk retailer) with alcohol, and shake well to combine.
- + Add witch hazel and shake.
- + Add vegetable glycerin (optional).
- + Add water (or vinegar). Shake again.

REFLECT

- Think about the best get-togethers you've been to for each season. What made them so special? How did they complement the season?
- What foods, feelings, and textures do you most look forward to for each season? How can you work those into your space this coming year?
- Get out your calendar and look for time to have one get-together per season this year, no matter how big or small. Planning ahead gives you time to commit and make it special. What seasonal comforts will you enjoy together?

CHAPTER 12

INVITE OTHERS IN

REFLECT

- In what ways is it difficult for you to ask for or accept help? How can you begin to push through that in small ways?
- Are there ways in which you resist community? What good might come from giving up that resistance?
- In what ways can you commit to diving into your community? How can your home be a tool to help make that happen?