

WHY YOU NEED TO RENOVATE THE HEART

In July 2005, a captivating show called *Flip This House* debuted on the A&E network. Shining a spotlight on the exciting world of real estate renovation, each episode showcased the thrilling journey of purchasing, renovating, and transforming a single property, complete with the costs, potential profits, and market values.

As the years have passed, this genre has become a television sensation, flooding our screens with home improvement shows like *Flip or Flop*, *Property Brothers*, and my personal favorite, *Fixer Upper*.

But here's the irony: We can spend hours engrossed in these makeover marathons without sparing a moment for self-reflection and personal growth concerning the house that we live in.

I'll confess—there's nothing I enjoy more than curling up on the couch with a freshly warmed blanket, a steaming cup of tea, and some delicious chocolate, indulging in endless episodes of home renovation shows. But it struck me—while we walk through our physical houses every day, we rarely invest time in the most important house of all, which is **the spiritual house**, the one that holds the soul, mind, will, and emotions. It's sad but true.

We spend hours consuming entertainment about homes we'll never see or live in, yet we forget that our lifelong home—the spirit—requires constant care and investment.

How recently have you considered the state of your bodily home? The clutter? Wear and tear? Perhaps even a spot that's given way to rot or an infestation?

It's tremendous fun to watch designers, buyers, and sellers haggle over purchase prices, renovation budgets, and market values, but nothing is more important than devoting ourselves to the betterment of our spiritual homes.

I can rattle off facts about Chip and Joanna Gaines or Jonathan and Drew Scott with ease. Many of us can!

But ask yourself: When was the last time you took a good look at the rooms of your inner house? When was the last time you took stock of its condition?

If it's been a while, don't feel ashamed. You are not alone. Every day, I meet people who have little awareness of their intrinsic value, or what it would take to enhance even one room in their internal house.

I firmly believe that every person walking on this earth has immeasurable worth that far exceeds any material possession or visible asset. Your spiritual house is a major part of that.

Clothed by our natural bodies, we are of greater value than any brick-and-mortar home for several reasons.

First, your body is the sanctuary where your true essence—your thoughts, emotions, and spirit—resides. It is the core of your being, influencing how you interact with the world and shape your experiences.

Second, unlike physical structures that can deteriorate over time, your spiritual house has the potential for continuous growth, renewal, and transformation. Investing in it yields profound, lasting benefits that go beyond mere appearances.

Lastly, while a physical house may offer shelter and comfort, it is your inner house that provides true fulfillment, peace, and purpose, guiding you through life's journey with resilience and grace.

This journey of self-exploration is vital because within each room of the spiritual house lie clues that reveal why we are the way we are.

Each “room” holds a key to understanding our deepest fears, our strongest desires, and our most cherished dreams. By examining and renovating these spaces, we not only uncover hidden truths but also unlock our potential to become the best versions of ourselves.

The Word of God is an essential guide in this journey. It provides wisdom, direction, and insight, helping us to see ourselves through God's eyes and understand the divine purpose for our lives.

It is my prayer that this journey will guide you through a thorough renovation of your spiritual house; that any clutter and rot will be found out and removed.

That all discouragement and damage—the remnants of regret, fear, shame, and guilt—will be demolished and cast out of your house forever.

That your heart can enjoy a beautiful, complete renovation.

That the before-and-after pictures will bring tears to your eyes, not because they're bought with money or adorned with the latest styles, but because they represent the greatest investment in your spirit you've ever made.

Let's begin the journey together.

Let's start the renovation.