

YOUR HOME
EXPERIENCE
Study Guide

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Study Guide

THE DIGNITY AND SANCTITY OF THE HOME

PURPOSE: To restore greater value to your home and family life. Remember to begin this journey with prayer: “Prayer is the foundation for all ministries.” - Larry Titus

Dignity refers to the value of a home both in physical appearance and in godly character of those who dwell there. Webster’s dictionary defines dignity as “worthy of recognition due to a change in character and appearance.”

A home with dignity sets standards of order and creativity in its physical presentation. Those who live in a home with dignity demonstrate the character traits of servanthood, sacrificial love, hospitality, determination, work ethic, submission, sensitivity, honesty, and loyalty.

Sanctity refers to “holiness” which is the purity in heart and purpose of the home. This core value develops an environment of wholeness - essential to the human soul.

Sanctity is from the Latin word “sanctus” which means “holy”. Restoring the sanctity of the home deals with changing the tone and mood of your home. As women, we set the tone and mood of our homes positively or negatively.

HOME IS THE BASIS FOR HUMAN SOCIETY

Notes

1) According to Edward Gibbon in his book *The Decline and Fall of the Roman Empire* (written in 1788), what is the first reason why great civilizations withered and died? Do you see how this is true in our society today?

2) The underlying cause of society's decline has been the profound shift away from the value and purpose of the home. Our homes have ceased to be the center of our activities. Where are we spending most of our time? Make a list of the things in your life that have undermined the home.

THE HUMAN HEART IS DESIGNED FOR LOVE AND PEACE

Notes

When God created the human heart, he designed it to flourish in an environment of love and peace. Since the home is where the heart is formed, then we must conclude that the home atmosphere must have love, so that those who live there will thrive. However, love must be believed in order for it to make its life-forming impact. You can say you love someone but if you treat them with disrespect, criticize them, and put them down, that person will not feel loved.

3) What personal changes need to be made in your own attitudes and speech for love to be believed in your home?

4) Your family will only feel loved when there is peace in the home. Describe your home environment. Is it a haven of peace or a cave of confusion? What personal changes need to be made in your own attitudes and speech for peace to come into your home? Remember: You are the guardian of the peace!

YOUR HOME SPEAKS

5) Look at your home and ask yourself, “What do my rooms say to people who enter?” Does the clutter say, “Go somewhere else!” “There is no space here for you!?” Does the formality say, “Sit up straight!” “Change your clothes!” “Be seen and not heard?” What message does your kitchen give? What area(s) of your home give a warm and inviting message? Which room(s) could use a make-over? Learn everything you can about home care and develop these skills.

DEVELOP HEALTHY ATTITUDES

In order to develop healthy, balanced attitudes about change, remember that you are never alone. God will empower you to make healthy changes in your home. Understand that this transformation is a process. When you are trying to change bad habit patterns, you will make mistakes. You will do things without thinking. At such times, just pause and recognize, “Oh, my goodness! That’s out of my old habit pattern.” You then need to stop, think, and restate it or re-do it correctly.

6) My home will have greater dignity as I improve the appearance of it. What one physical improvement can I make this week to show that I value my home in a greater way?

7) My home will have greater dignity when higher standards of character such as: love, honesty, and loyalty are practiced. What one character trait can I focus on this week for myself and my family?

Remember that every home can use some improvements - minor or major. Restoring the dignity and sanctity of your home means to repair its broken and fragmented pieces. The restoration of wholeness in your home will begin by the choices you make. Rearrange your schedule so that you can be at home more. Make home a priority!

8) Think of one thing you may be able to do this week to restore greater sanctity or wholeness to your home. In other words, how can you adjust the tone and mood of your home environment?



Study Guide

THE TABLE PRINCIPLE

PURPOSE: To understand the supernatural impact that sharing a meal together has on each family member's character, confidence, and self image.

THE CLIMATE OF TODAY'S HOME

1) As you are probably aware, many families no longer eat meals together at the table on a regular basis. Busy lifestyles and other reasons have contributed to this dilemma. Has your table been replaced by counters, fast-food restaurants, or simply eating on the run? Describe what mealtime is like for you and your family.

THE SIGNIFICANCE OF THE TABLE

2) Moses received specific instructions for building the Tabernacle. God also gave explicit directions for furnishings for the table. Please read Exodus 25:23-30. What is the significance of the bread of the Presence?

3) Jesus is described in John 6:48 as “the bread of life.” Have you ever experienced the supernatural presence of the Lord at a set table when family or friends have gathered? Please relate your experience?

Notes

THE TABLE PRINCIPLE IN ACTION

4) The following scriptures describe the many benefits of eating at the table. Take a close look at these examples. How can you envision your table being a place of restoration and love? Where do you want to begin?

- 🕯️ *Restore confidence and personal value - II Samuel 9*
- 🕯️ *Honor those you previously judged - II Kings 25:29*
- 🕯️ *Share your table, then your faith - Acts 2:46-47*
- 🕯️ *Restore family relationships - Luke 15:23*
- 🕯️ *Invite the outcasts - Matthew 26:7*
- 🕯️ *Negotiate your difference at the table - Psalms 23:5*

Notes

BENEFITS OF EATING AT THE TABLE

5) As you can see from reading this chapter there are many benefits of eating at the table. Has eating at the table been a high value of yours?

6) What are some benefits you see from eating meals together in your home?

7) Write down practical ways you can make use of your table during this next couple of months.

THE LIE VERSUS THE TRUTH

8) We have believed the lie that where we eat, how we eat, or what we eat is not important. We even rationalize by saying, “All that matters is that we are together.” Please comment on this. What do you think? Has this lie infiltrated your home and family life?

EATING ALONE

9) The table is a place where the presence of the Lord dwells. His presence is there whether you are eating alone or in the company of others. You may be single, married, widowed, or divorced and find yourself eating many meals alone. What can you do to invite the presence of the Lord into your life during mealtime?



Study Guide

THE ALSO PRINCIPLE

PURPOSE: To understand how the Lord’s rewards are received and passed on in your life through the application of this biblical attitude.

APPLYING THE ALSO PRINCIPLE

The Also Principle is an attitude about everyday life that says, “I will do more than what is expected of me because I am working for the Lord. He will reward me”. We believe that this attitude releases God’s supernatural power and joy into every person’s life. In other words, when you do your work don’t just do what is required of you. A *do-more* attitude will cause you to receive the “reward of the inheritance” mentioned in Colossians 3:23-24. God is the one who will reward you both now and in eternity.

1) Have you ever made statements like the following: “Ah, that’s good enough.” “It will do.” “I’ve already done more than what’s expected. Now, I’m through!” “I’m tired, someone else can do this. Besides, it’s really not my job”? Ask yourself if you are a do-more person or a do-less person. What difference do you think it would make if everyone learns and adapts to become a do-more person.

The Also Principle was first established when Abraham sent his servant to find a wife for his

son, Isaac. He was looking for a woman of suitable breeding and good character training. So, Abraham sent his servant to look for a young lady from his own family line. (Genesis 24:1-20)

2) Why did Rebekah stand out from among all the eligible single women? What did she also do when she met Abraham’s servant at the well? What do you think you would have done in this situation?

3) Abraham was a man who practiced the Also Principle. This principle became a conduit for passing on the blessing of God to the next generation. What is meant by “the blessings” or “inheritance” of Abraham?

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APPLYING THE ALSO PRINCIPLE AT WORK

Whether you are working at home or on the job, practice doing everything with excellence and for the glory of God. He will cause you to prosper in some way. Remember that there is no reward for doing only what is expected.

Please study the following key scripture verse. Ask God to give you insight and understanding for your own personal life.

“Whatsoever you do, do your work heartily as for the Lord rather than for men; knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve.”

Colossians 3:23-24 NASB (emphasis added)

4) The Greek word for working “heartily” is “psyche” (psoo-khay) which means with your mind, soul, breath, heart, and life. Think of any areas where you have had an attitude of “Well, that’s good enough.” How can you incorporate the Also Principle while working at your job or at home? List some specific actions.

Notes

APPLYING THE ALSO PRINCIPLE AT HOME

Instead of just making the coffee, also serve the coffee. Take the coffee to your spouse with a napkin and a plate or coaster to set it on. Don't just make a meal and leave it on the stove for the family to help themselves, but set the table also. This could include: using placemats, nice dishes, cloth napkins, and candles. Go one step further and put the food in serving dishes instead of bringing the pots and pans to the table. Adding these extra touches to enhance the meal not only incorporates this principle, but also makes your family feel more valued and your table look better!

5) Has God been speaking to you about your home? Is there a particular area you need to work on? If so, write down your ideas. For example, when you get dressed in the morning you can also make your bed neatly and place decorative pillows on it. After using the bathroom, also wipe the sink and clean the hair from the shower or tub.

6) Once you have a room looking neat and tidy ask yourself, "What special touch can also be added to improve the appearance and value?"

APPLYING THE ALSO PRINCIPLE IN YOUR RELATIONSHIPS

7) Be sensitive to others. Make time for your relationships. Don't always be in a hurry. Stop, listen, put your cell phone away and make eye contact. Is there someone that comes to your mind that you can apply this principle to? Describe one way that you can enhance that relationship.

8) The next time you are in the grocery store, greet the cashier with a friendly "hello" and a smile. If she appears swamped with many customers, bag your own order also. When leaving the store, look at the cashier and also say to her, "Have a great day." Name another way that

you can apply the Also Principle while you are out running errands.

9) How can you apply this principle with those who are closest to you? Think of something you can do that would be unexpected and appreciated. Be sure not to imagine or calculate the response you desire to elicit. Remember, you are working for the Lord, not for people.

REJECT LAZINESS AND EMBRACE DILIGENCE

Laziness is the opposite attitude of the Also Principle. Several passages of scripture share the common term, “sluggard.” The definition of sluggard is “to be sluggish, to delay or to procrastinate.” To be sluggardly is to be lazy.

10) Ask God to reveal one specific area of your life that He desires for you to redeem through the Also Principle. Write down practical changes you determine to make in your attitudes and actions. Make this declaration something that you can begin working on immediately.

Embrace diligence and don't allow yourself to be robbed of the Lord's blessings for one more day!

“You will eat the fruit of your labor; blessings and prosperity will be yours.”

Psalm 128:2



Study Guide

USE-WHAT-YOU-HAVE PRINCIPLE

PURPOSE: To motivate you to be faithful and trustworthy with all the resources and talents God has entrusted to you.

FOUNDATIONAL TRUTHS

The Bible is our road map for healthy living. It is filled with truths that will transform your life. The Use-What-You-Have Principle comes from The Parable of the Talents in Matthew 25:14-30. This parable describes the three servants who were each trusted with a portion of his master's assets. The two who were diligent and trustworthy were rewarded with more talents. The ungrateful and pessimistic servant was judged by his master. What had been entrusted to him was taken away and given to one of the faithful servants – the one who had the most.

1) What do you notice about the attitudes of the three servants?

2) The third servant is called wicked and lazy by his master. Who did the servant blame for his own lack of responsible stewardship of the money? Have you ever felt like blaming others for your own actions?

FAITHFULNESS

Faithfulness is truly determined by your attitude. Faithfulness maximizes potential whereas laziness minimizes potential. An ungrateful heart attitude will steal your joy and rob you of initiative. Choosing to maintain a faithful and grateful attitude will motivate you to Use-What-You-Have to bless others, and in turn, you will be blessed.

3) Think about your faithfulness toward your own talents and abilities. Have you been maximizing your potential by being faithful to Use-What-You-Have to bring life and joy to others? How does your attitude about yourself affect your obedience to God?

4) Changing your attitude will change your destiny. A healthy attitude starts with a choice to be thankful. Think of an area of your life where you have neglected to be thankful. Ask God to show you any adjustments that you need to make.

STEWARDSHIP

Stewardship is how you responsibly take care of what you have. The Lord, our Master, gives each one of us different responsibilities to take care of. Then, He tests us to see if we will be trustworthy with the little things He calls us to do.

5) What if the Lord were to visit your home today? Would He see that you have been a good steward with what He has entrusted to you?

6) Good stewards take care of what they have, good stewards do not waste, good stewards save and give. How can you improve your stewardship in each one of these areas?

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CONSEQUENCES

The principle is clearly defined in the verse below. The two servants mentioned in the parable of the talents who faithfully tended their master's assets were praised, rewarded, and experienced the joy that comes from a job well done.

*You have been faithful with a few things: I will put you in charge of many things.
Come and share your master's happiness.*

Matthew 25:21, 23

Ask God to show you any area(s) of your life that He wants you to take better care of. Focus on one area that you can apply the Use-What-You-Have Principle to this week.

5) What specific change(s) do I need to make in regards to:

a. My home

b. My relationships

c. My _____ (you fill it in)

“Do not be deceived: God cannot be mocked. A man reaps what he sows.”

Galatians 6:7



Study Guide

THE HONOR PRINCIPLE

PURPOSE: Apply the Honor Principle to every relationship.

We are created for relationships and we were not meant to be alone. “Honor one another above yourselves” is the key to unlocking devotion and love in our relationships. Whether you are married in this season of your life or not, honor is the essential ingredient to every healthy relationship.

HONOR FATHER AND MOTHER

1) What is the only commandment with a promise?

2) Ask yourself if you have chosen to honor your parents whether they are honorable or not. What can you do to further honor your parents? Would your children say that you honor their grandparents?

HONOR YOUR HUSBAND

Notes

3) The most loyal wife can appear to be very submissive to her husband and yet not honor him. How can this happen?

4) What does it mean to honor your husband? After reading Ephesians 5:22 please restate this verse in your own words. "...let the wife see that she respects and reverences her husband [that she notices him, regards him, honors him, prefers him, venerates, and esteems him; and that she defers to him, praises him, and loves and admires him exceedingly]." Ephesians 5:33b
AB

5) There are times when I honestly do not "feel" like honoring my husband. Read the scripture passage which states: "Wives, submit to your husbands as to the Lord." (Ephesians 5:22). What does this verse mean to you? If you do not "feel" love or respect, show it anyway. Be obedient to the Word of God and show honor to your husband as "unto the Lord." As you love and respect him, you are obeying God's commands. This pleases the Lord and He will reward you for your obedience. If you wait for your feelings to catch up to what your mind knows you are to do, you may never begin.

Notes

HONORING YOUR VOWS

6) Consider the thoughts that go through your mind each day concerning your husband. Are these thoughts helping you to honor your vows? Like many wives, you may need to do some mental house cleaning. The Scriptures call this renewing your mind. Consider the following mental health exercise. Whenever negative thoughts enter your mind about your husband, replace those thoughts with positive ones.

7) Write down honoring thoughts about your mate concerning:

Forgiveness _____

Acceptance _____

Restoration _____

Contentment _____

Respect _____

SEPARATING YOUR GOALS AND DESIRES

8) You have the power and responsibility to accomplish your goals but anything and everything that takes cooperation from another is a desire. Make a list divided into two columns: goals and desires. Have you been focusing all your energy on desires instead of taking responsibility for your goals? Make it a point to accomplish your goals and to give your desires to the Lord in prayer.

9) Write down some actions you need to take in order to be free from being a victim of your emotions and trapped in self-pity.

COMMUNICATION

10) Relationships cannot happen without communication. Take time to learn more about your husband's love language and personality type. How can you best communicate with your mate that you love, cherish, and respect him? Remember, honor opens the doors of communication. Write down your plan of action. Have fun with this. Be creative!

Spend time in prayer for your husband. Let your mind dwell on those things about him that you are most thankful for. Then, begin to intercede on your husband's behalf by asking God to bless his life. Be specific. Also, be honest with God. If there is an area of your relationship that you are having trouble with, bring this concern before the Lord. Nothing is too small or even too big for Him.

MEDITATE ON THIS SCRIPTURE:

*“Do not be anxious about anything,
but in everything, by prayer and petition,
with thanksgiving, present your requests to God.
And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.”*

Philippians 4:6-7



Study Guide

PARENT-CHILD RELATIONSHIPS

PURPOSE: Learn how to be an example to your children.

You may not have had this example, but someone has to be “Generation One.” No matter what example you had when you were growing up, a better example can start with you, and last for generations to come.

LEADING BY EXAMPLE

1) Think about how you respond to your children when they act in a dishonoring or disrespectful way to you. Are you yelling back at them and saying negative words or are you responding in a way that says, “Do as I do?”

2) Be honest, who is the primary influence in your child’s life? Who does your child spend the most time with?

TEACHING AND TRAINING

Notes

3) Are you a teachable person? Have you accepted the full responsibility to train your child?

4) Do you have an older woman who has raised great kids that you can learn from? Remember to pass your wisdom too!

5) Did your family have any fun sayings that has been passed down from generation to generation?

Notes

6) What are your favorite quotes or sayings that you would like to teach your children?



Study Guide

PERSONALITY DYNAMICS

PURPOSE: To improve your relationships by understanding personality differences and making adjustments in the way you relate to others.

SELF-AWARENESS

1) Based upon the four fundamental personality types: Choleric, Sanguine, Melancholic and Phlegmatic, how would you describe your personality? Have you been strength driven or weakness driven?

2) After close examination of the personality chart in the book, how would you describe others in your home?

SELF-MANAGEMENT

3) Explain how a personality strength taken to extreme can become a weakness. Can

you think of a specific way that you can avoid this from happening in your own life? (Take a look at the self-management list for your personality type on pages 106 – 108 of the HOME EXPERIENCE book.)

Notes

SOCIAL AWARENESS

Social awareness is the ability to assess a situation immediately upon entry and adjust your behavior for the sake of the relationship.

Understanding personality differences is essential for having a good social awareness. Learning this skill takes practice and patience. The Apostle Paul knew how to relate to many different cultures and people groups. He chose to modify his own behavior so that he could spread the Gospel by building close relationships with others.

*“To the Jews I became like a Jew, to win the Jews
... to the weak I became weak, to win the weak.
I have become all things to all men
so that by all possible means I might save some.”*

I Corinthians 9:20-22

Notes

4) Think of the different personality styles in your own home. What are some adjustments you can make to improve your relationships when relating to:

a) The Powerful Choleric

b) The Popular Sanguine

c) The Perfect Melancholic

d) The Peaceful Phlegmatic

RELATIONSHIP MANAGEMENT

5) When we grow in our relationships it means we are growing in love. In order to grow in our relationships, we also need to have a good attitude and be committed to maturity.

I Corinthians 13:4-7 tells us how love is demonstrated through our actions. Read this passage again and identify some areas in your life that needs change so love can be demonstrated to others around you.

ENCOURAGING EACH OTHER

Make it your practice to speak words that bring encouragement to those closest to you. Prayerfully review the encouraging phrases in this chapter for the four personality styles. Ask God to help you change your language from destructive to constructive speech.

6) What are some edifying words you can say to:

The Choleric in your family?

The Sanguines?

The Melancholics?

The Phlegmatics?

*“Therefore encourage one another and build each other up,
just as in fact you are doing.”*

I Thessalonians 5:11



Study Guide

RESOLVING FAMILY CONFLICTS

PURPOSE: To gain insight and understanding into how to promote peaceful relationships in your home.

SENSITIVITY TO OTHERS

Conflicts can be minimized by understanding what triggers an emotional response. Knowing how each family member refuels will be a valuable tool in promoting peaceful relationships. This chapter identified specific ways that each personality style likes to be refreshed.

1) Review how each personality refuels. How do you like to recharge?

2) Can you identify how each member of your family likes to recharge?

3) Think of creative ways in which you can allow each member of your family to refuel when planning your weekend or next vacation. This is not an easy task.

IDENTIFYING CORE FEARS

Notes

As you have discovered there is a basic pressure point or fear associated with each personality style. Given the right circumstances, this weakness can rear its ugly head. Learning about these four basic fears can help you understand some tension filled moments in your home.

4) What is your greatest fear? How have you dealt with this in your personal life?

5) Greatest fear of the Choleric is being taken _____ of.

6) Greatest fear of the Sanguine is rejection, loss of _____ approval.

7) Greatest fear of the Phlegmatic is change or loss of _____.

8) Greatest fear of the Melancholic is criticism of _____ or _____.

Notes

9) Prayerfully ask God to give you ways of relating to others in your family that will avoid provoking these fearful responses. Record your thoughts here.

10) What are some ways that you can help your children to live strength-driven lives so that these weaknesses do not control them during tense situations?

IDENTITY – ACTIONS – FEELINGS

It is very important that we operate out of our identity rather than our feelings of fear. In order to do this, we need to be controlled by the Spirit and driven by our identity. Write a list of qualities of the person you want to be: your identity, so you can remind yourself of who you are when feelings are taking control of your actions.

11) When we partner with the Holy Spirit and allow Him to change us, we react less and choose our responses more carefully. The most loving response to conflict is to adjust our own reactions. Here are some ways to adjust your response when dealing with each personality. Can you add more?

The Powerful Choleric

- Slow your pace.
- Practice patience.
- _____
- _____

The Popular Sanguine

- Listen more and talk less.
- Control emotional responses.
- _____
- _____

The Peaceful Phlegmatic

- Be more open to change.
- Be willing to confront.
- _____
- _____

The Perfect Melancholic

- Avoid negative speaking.
- Accept yourself and others.
- _____
- _____

*“Finally all of you, live in harmony,
be compassionate and humble.
Do not repay evil with evil or insult with insult,
but with blessing.”*

I Peter 3:8-9



Study Guide

PRIORITY MANAGEMENT

PURPOSE: To discover practical ways for putting your life in order.

Our focus will be on helping you to make the most of each day by living purposefully, sensibly, and intelligently. Please refer to Proverbs 31:10-31 as the foundation for this section.

Remember: We all have the same amount of time each day, but we have different priorities. Therefore, we have different outcomes. To prioritize means “to put in order of importance.” When our days, weeks, or months are lived in an intentional way, putting our life choices in order according to God’s principles, we will reap the results of an abundant life and we will learn what Jesus meant when he said, “My yoke is easy and my burden is light” (Matthew 11:30).

PRIORITY 1: THE FEAR OF THE LORD

1) What does it mean to have a healthy fear of the Lord?

2) What are some of the benefits of fearing the Lord for you as well as for your family?

PRIORITY 2: HER HUSBAND... IF SHE IS MARRIED

Notes

3) What are some key scripture verses that substantiate this second priority in a woman's life?

4) If you are married, is your husband your second priority? If not, what adjustments do you feel need to be made?

Her Lord... if she is single

“An unmarried woman or virgin is concerned about the Lord's affairs:

Her aim is to be devoted to the Lord in both body and spirit.”

I Corinthians 7:34a

Notes

5) As a single woman, who is concerned about the Lord's affairs, is pleasing the Lord your second priority? What do you think it means “to be devoted to the Lord in both body and spirit”?

6) Give two practical examples of how you can make your “rich Jewish husband” your second priority.

PRIORITY 3: HER HOME

7) Why is it important to make your home the third highest priority? How will this precedence improve the quality of life for both you and your family?

8) Explain how ordering the affairs of your household can promote a peaceful environment. Please give some examples.

PRIORITY 4: HER CHILDREN

9) As a parent, you are responsible to love, discipline, and train your children so that they can become responsible adults. Is there a specific area of your relationship with your child (children) that has been neglected? If so, write it down. Ask God for wisdom concerning how to make the necessary changes.

10) What do you feel are the two most important areas for you to concentrate on concerning your child's growth and character development?

PRIORITY 5: HER PRIVATE LIFE

Mothers of young children, working single moms, and many other women - both young and old - have neglected this aspect of their life. Regardless of how busy you are right now, please try to find time - even if it is just for 15 minutes a day - to care for your personal needs. This includes your body, mind, and spirit. Without making deposits back into your life, you will tend to burn out.

11) List one area of your private life that you feel has been neglected recently. How can you creatively make the necessary changes?

12) If you were to ask God what one thing He would like you to change in regards to your personal life, what do you think He would say to you?

PRIORITY 6: HER PUBLIC LIFE

Your public life represents everything you do outside of your home. This includes working, recreation, shopping, church, extended family and friends, volunteer work, running errands, and all other activities.

13) How would you describe your public life? Do you feel you need to make any adjustments here? If so, what are they?

14) The woman of Proverbs 31 had a very active and successful public life. She was praised in the city gates because of all that she stood for and accomplished both at home and in public. What would her life be like if her priorities were not in order? Ask yourself, “If my private life was made public, would I be respected?” Why?
