



# *Fixer Upper*

## *A Restoration of the Heart*

### A Retreat Guide

This guide is meant to be a resource,  
a guide and an inspiration  
as you plan your own retreat.



# *Fixer Upper* Retreat Guide

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# Fixer Upper Retreat Guide

## **Introduction to Guide**

This guide has been assembled to be a resource and guide for those planning an event or retreat based on the theme "Fixer Upper (A Restoration of the Heart)." This was one of our favorite retreats, and the basic theme is very versatile.

Our prayer is that as you read this guide, not only will it give you some direction and suggestions that you can use—but that God will fill you with inspiration and creative ideas that will help you make this retreat your own unique event.

This guide includes discussion of possible theme verses, a sample of a graphic that can be created, teaching sessions suggestions, decorating suggestions, a retreat giveaway idea, a quiet time activity and a three-act theme-related skit.

Begin by making your event a matter of prayer among your leaders. Use this guide as a starting point and see where God takes you. You have uniquely gifted women in your group who will take this vision to a whole new level!

Also, there are numerous other ideas, resources and links at [www.retreatinabag.net](http://www.retreatinabag.net). Take some time to visit and peruse the site!

May God bless you as you endeavor to minister God's truth in an effective and creative manner!

*"...If anyone ministers, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ..." I Peter 4:11b*



# *Fixer Upper* Retreat Guide

## **Introduction to Theme “Fixer Upper”**

HGTV features many engaging shows that allow viewers to watch a home renovation unfold from beginning to end. Typically, the process starts with a house that is dilapidated and in serious disrepair. From “demo day” until “the big reveal,” we watch as that which was once deteriorating and neglected is transformed into a structurally sound home, beautifully renovated and decorated.

That kind of transformation is a picture of God’s work in the lives of His children. God is in the business of transformation, sanctification and new beginnings for His children. We come to Him broken, stained by sin and weary. He lovingly cleanses, restores and renews us. Often, His work begins with demolition—a tearing down of what was damaged and rotting. He sees the cracks in our foundation and knows what must be removed. With a master builder’s vision of our true potential, He works to shape us into the likeness of Christ, renovating us into vessels of honor that bring glory to God.



# Fixer Upper Retreat Guide

## **Theme Verse Suggestions**

This guide is suggesting three theme verses from which to choose. There are many other verses which would be appropriate. These three are all very familiar verses.

### **Theme Verse: Philippians 1:6**

*"...being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ."*

Philippians 1:6 is a reminder that believers are a work in progress. God is not finished with us yet. He began a good work in you, and He will finish it in His time.

### **Theme Verse: II Corinthians 5:17**

*"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."*

This verse reminds us that when we are in Christ, God is doing something totally new in our lives.

### **Theme Verse: Ephesians 2:10**

*"For we are His workmanship created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."*

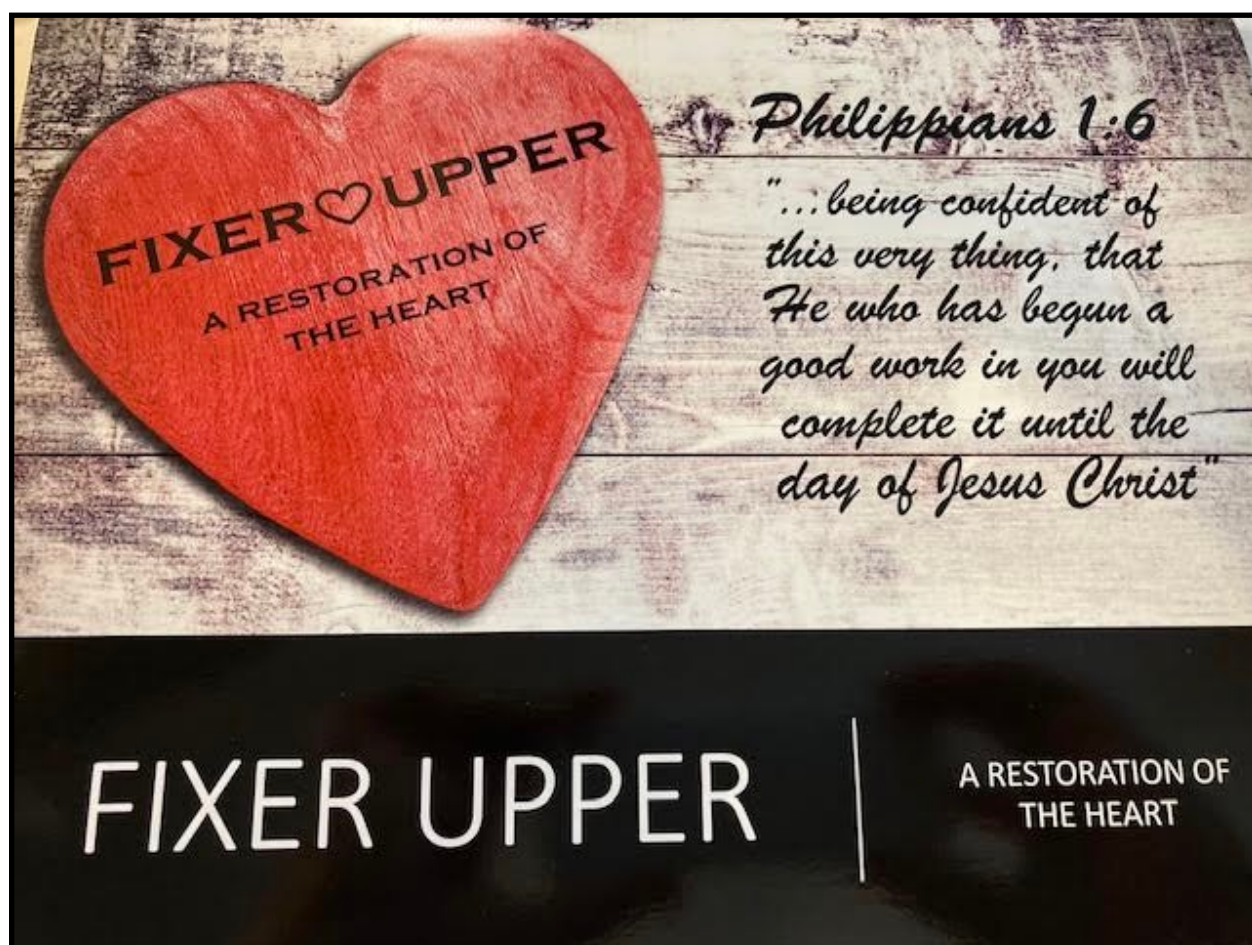
Our Heavenly Father has a purpose and a plan for our lives—that we should walk in His will and fulfill His plan. The result of God's work in our heart is good works that He prepared for us to do.



## Fixer Upper Retreat Guide

### Sample Graphic

This color graphic is a sample of the cover we used. Once a graphic is determined, the graphic can be used in promotional and registration materials, name tags, handouts or booklet, decorations and remembrances. The graphic you choose can be a unifying element to the retreat.





## Fixer Upper Retreat Guide

### **Opening Questions**

We often open with a reflection question, and possibly use similar questions in an evening devotion so that our ladies are taking time to prayerfully consider applying the theme (restoring the heart) to their own lives.

- Take an assessment of your heart's condition. What are some areas that need restoration and renovation? Think about your prayer life, your devotional life, your relationships and your ministry.
- Are you staying on the solid foundation of the Word? Have you drifted off that solid foundation at all? Do you have a desire to read and meditate on the Word of God daily? Is your devotional life consistent and meaningful? Are you willing to do whatever it takes to find out what is keeping your heart from experiencing all the the Lord wants for you? Ask the Holy Spirit to show you.
- How has the Lord changed your heart, or how is He changing your heart? What are the tools He is using in your life this year (trials, pain, adversity, family, difficult people, blessings) to restore your heart?



# *Fixer Upper* Retreat Guide

## **Teaching Sessions - Suggestions**

### **Application**

The theme of transformation and change is seen throughout the Bible. Paul is one example of a Bible character who was transformed by meeting Jesus. There are numerous verses in the Bible about our heart that a speaker can draw from.

### **Three Teaching Sessions**

We had three teachings, approximately 40-45 minutes each for this three-day retreat. The ideas below correlate with the three acts of the skit.

1. "Does Your Heart Need Restoration?" God knows our heart (I Samuel 16:7), God searches our heart (Psalm 139:23), and He is concerned with the condition of our heart. Allow God to soften, build, renovate and restore your heart. Trust Him to do the work. He is committed to finishing the work He starts.
2. "Getting Rid of What Stands in the Way" Grace doesn't give us permission to ignore our sin. Get rid of besetting sin (Hebrews 12:1). Put off the old man to put on the new (Ephesians 4:22-24; Colossians 3:8-10). A restored heart is a forgiven heart, and a forgiving heart.
3. "God's Glory on Display" We are not just saved from our sins; we are saved to holiness. He is not calling us to be better versions of our sinful selves. His grace is meant to be on display to the world, to bring glory to Him through your transformed life (I Corinthians 6:19-20; Romans 12:1-2; II Corinthians 3:18) .

## **Suggestions for Workshops**

"Blueprint for Renovation" - Bible study

"Power Tools" - The Holy Spirit's power to change us

"Redecorating" - All things pertaining to life and godliness (II Peter 1:3-8)

"Renovating our Tongue" - No corrupt communication (Ephesians 4:25-29,

"Who's Living in Your House" - Marriage; family relationships



# *Fixer Upper* Retreat Guide

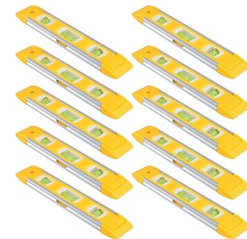
## **Decorating Suggestions**

We strive to use decorations in the room and on the tables which carry out our theme. Often, we have a banner printed that can be hung in the room.

We primarily decorated with toolboxes (and borrowed tools). The toolboxes were also used as table decor.

Tablecloths - we found some tablecloths that look like shiplap; any wood-grained design would work.

Because the quiet time used levels, we found some small levels that we could buy in bulk, and used them in the table decor. The ladies could bring the level home with them after the retreat.





## Fixer Upper Retreat Guide

### **Retreat Remembrance Ideas**

A retreat remembrance is an item that is given to every person who attends the retreat. It is theme-related, and will serve to remind each woman of the retreat and what God did for her at this particular retreat. As often as possible, any giveaway references the theme verse.

We often make bookmarks or magnets for each woman with the retreat graphic, theme and theme verse.

### **Wooden Heart Remembrance**

Wooden hearts in various sizes are easily available to purchase in bulk, depending on your budget. For our retreat, we had a woodworker who actually cut our hearts from shiplap, and someone who had the capability of cutting the wording from vinyl. However, the title of the retreat and/or the theme verse could easily be decouped to your wooden heart.





# *Fixer Upper* Retreat Guide

## **Group Devotion (Quiet Time)**

Sometimes a retreat can be go-go-go. Or maybe there is free time for fellowship, sleeping or shopping. But we usually incorporate a guided quiet time into our retreat schedule. It is an hour set aside for women to be quiet and seek the Lord. Our devotion is theme-related, and encourages them to hear from God with personal time in His Word.

**Preparation:** On the table, as part of the table decoration were small levels, enough for each woman at the table to have one. This could be any tool that you purchased in bulk that fit your budget. On each level, we taped a Bible passage (a few verses to a full chapter) that they will study and use to personally answer the questions in this devotion. The passages we used are listed below:

|                    |                  |                         |
|--------------------|------------------|-------------------------|
| Joshua 1:1-9       | Psalms 84        | Isaiah 40: 25-31        |
| II Samuel 22:29-37 | Psalms 86        | Isaiah 43:1-12          |
| Psalms 16          | Psalms 91        | Isaiah 43:10-21         |
| Psalms 18:28-39    | Psalms 103:1-14  | Isaiah 49:8-16          |
| Psalms 25          | Psalms 111       | Jeremiah 17:7-14        |
| Psalms 27          | Psalms 119:73-80 | Lamentations 3:21-37    |
| Psalms 31:19-24    | Psalms 138       | Matthew 6:25-34         |
| Psalms 32          | Psalms 139:1-16  | Romans 8:31-39          |
| Psalms 34:8-19     | Psalms 145:1-13  | II Corinthians 4:6-18   |
| Psalms 36:5-10     | Psalms 145:14-21 | Galatians 5:16-26       |
| Psalms 37:1-9      | Proverbs 3:1-12  | Ephesians 2:1-10        |
| Psalms 57          | Proverbs 4:18-27 | Ephesians 4:22-32       |
| Psalms 63          | Proverbs 16:1-9  | Philippians 4:4-13      |
| Psalms 66:1-12     | Isaiah 30:15-26  | Colossians 2:1-10       |
|                    | Isaiah 40:1-11   | I Thessalonians 5:12-24 |



## Quiet Time Study

### *"Structural Integrity"*

Ask God to speak to you during this quiet time.

Our theme verse this week reminds us that we are a work in progress. The moment we accepted Jesus Christ, God began building a spiritual "house" in our lives (1 Peter 2:5). That house was built on the rock-solid foundation of Jesus and His Word (Luke 6:47-48), and He will continue the renovation until we meet Him face to face. We can't do it ourselves--Psalm 127 says that unless the Lord builds the house, we labor in vain. We are His workmanship (Ephesians 2:10) created in Jesus Christ unto good works. And it is through our good works that our light shines and those around us get an opportunity to experience God (Matthew 5:16).

However, even if a building has a firm foundation, a lack of *structural integrity* can cause a building to collapse. "*Structural integrity*" is an engineering term meaning the ability and soundness of a structure. It includes strength, stability, fitness for purpose, and structural, mechanical and systems integrity. Buildings with structural integrity will serve their designed purposes and remain functional.

Take a moment to ask God to reveal any signs that your heart's structural integrity has been compromised. "Examine me, O Lord, and prove me; try my mind and my heart!" (Psalm 26:2)

One of the first warning signs that a building may be lacking structural integrity is that walls become out of plumb, needing to be shored up. Our "building" can become out of alignment vertically (with God) or horizontally (with others). "Shore up" is a term used in construction to describe the process of supporting a structure so that restoration and construction can proceed. Choose a level from the decor on your table. The level you chose has a passage with truths God can use to "shore up" your structure so that renovation can continue. Write down the passage you selected here:

God wants to "shore up" and support you with the truths and promises in His Word. Take time to read your passage thoughtfully and prayerfully at least three times. If something speaks to you immediately, write it down.

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Is there a truth about God or a promise that God can use to "shore up" weaknesses to allow restoration to continue? Allow God to minister that truth to your heart, and write that truth or promise down here.

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It is worth looking closer into the various reasons for a lack of structural integrity in a structure:

- ◆ Supporting beams can be over-burdened;
- ◆ Structures can become stressed, experience fatigue, and cracks can form at stress points;
- ◆ External crises (or natural disasters such as earthquakes or flooding) can affect the soundness of a building.

Do any of the underlined words above describe your current condition? Over-burdened? Stressed? Fatigued? Forming cracks? External disaster or crisis? Choose the one most pressing need of your heart, and consider God's remedy. Ask God to speak to you, and write down any wisdom or instruction He give you on the lines below:

- ✱ Over-burdened: Just as when there is a lot of snow on a roof for an extended period of time and the structure is not able to handle it, our hearts were not built for heavy burdens. How has God provided for the problem of over-burdening in our lives? I Peter 5:7, Matthew. 11:28, Psalm 55:22

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✳ Stress: Just as varying temperatures, defective materials, and numerous other problems can cause stress on a structure, our hearts were not built to handle stress. How has God provided for the problem of stress in our lives? Philippians 4:6-7, Psalm 61:1-4, Matthew 6:31-34

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✳ Fatigue: In a building, fatigue weakens the building materials and can be caused by a number of things, including corrosion and unrelenting stresses. Our hearts were not built to function well with fatigue. How has God provided for the problem of fatigue? Isaiah 40:30-31, Zechariah 4:6, Matthew 11:28-29

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- ✱ Forming cracks: Continued stress or fatigue can cause a crack to form, and that crack will continue to grow until it reaches a critical size. This occurs when the stress intensity exceeds the toughness of the material. God knows that we can not handle life in our own strength for very long. How has God provided for our weaknesses? II Corinthians 12:9-10, Philippians 4:13, Romans 8:26

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- ✱ External crisis: Earthquakes, flooding and other natural disasters can not be anticipated, yet they can greatly affect the structural integrity of any building. External and environmental forces can test our heart's ability to withstand more than the normal pressures. How has God prepared us to be disaster-proof? Psalm 119:81-88, Isaiah 43:1-2, Ephesians 6:10-18

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## Fixer Upper Retreat Guide

We have found that a theme-related skit can be not only entertaining, but also be a meaningful part of a retreat as the truth is illustrated visually. Some people learn more visually. Additionally, skits provide our ladies another avenue to use their gifts!

### **Skit Production Notes**

#### **"Fixer Upper"** *A Three-Act Skit*

#### **Summary:**

Summary: Chip and Joanna Gaines have been called upon to renovate some hearts in the Kingdom of Love which have some pressing issues which do not meet the standards set by the neighborhood HOA.

#### **Characters:**

Narrator  
Chip and Joanna Gaines  
Heart #1 - White-Washed Tomb (exterior: pristine, fake flowers; interior: trash)  
Heart #2 - Baggage Bungalow (exterior: fine; interior: hoarding, old outdated stuff)  
Heart #3 - Hidden Valley/Pungent Palace (exterior: fine; interior: fine, but there is a very bad smell)  
Interviewer (optional) In Act 2, the Interviewer may take the place of Narrator

#### **Costuming:**

Chip and Joanna are dressed in overalls or work clothes.

#### **Summary of each act:**

##### **Act I - "Assessing the Heart" (25-30 minutes)**

Introduction to Chip and Joanna and the episode of "Fixer Upper" that they are filming. A neighborhood's HOA had requested their help. Three hearts in the neighborhood do not meet the HOA's standards. They are there to assess the needs of those hearts.

## Act 2 - "Demo Day" (10 minutes)

Chip and Joana describe what they found during the demolition of each of the three hearts.

## Act 3 - "The Big Reveal" (10-15 minutes)

Each of the three now renovated hearts are revealed to the owners.

### Setting and Props:

The only props really needed for this skit are three hearts. Each heart is represented by a heart made of a material heavier than pasteboard, if possible (such as foam board, mat board or chip board), decorated on both sides (interior and exterior) according to the skit descriptions. See samples below..



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# Fixer Upper Retreat Guide

## Skit Script

### **"Fixer Upper"** *A Three-Act Skit*

#### **Act 1 - Assessing the Heart**

**Joanna:** We are Chip and Joanna Gaines. We take the worst hearts in the best neighborhood and turn them into our client's dream heart. Do you have the guts to be a fixer-upper?

**Narrator:** Fixer-Upper is the HGTV series that pairs renovation, design and real estate pros Chip and Joanna Gaines with hearts that are in a great location, but have bad design or are in poor condition and need renovation. In today's episode, the HOA in the "*Kingdom of Love*" neighborhood, has requested Chip and Joanna's help. The HOA requires that each resident heart meet certain standards when they choose to live in the neighborhood. While each heart has its individual character, everyone is required to regularly allow their heart to be searched and tested, and submit to the transforming power of the Holy Spirit. It has been determined that three hearts are not meeting the standards set by the HOA bylaws. The HOA reached out to Chip and Joanna Gaines to assess these hearts to determine what is needed to bring them up to code.

**Chip:** I love this neighborhood, Jo-Jo! These mature trees are speaking to me--hang on, (*listening*) they're saying...they're saying... "Build a treehouse."

**Joanna:** You're so funny Chip. Good idea...but no. No treehouses today. We have been hired for another job. The HOA has identified three hearts here in the "*Kingdom of Love*" that badly need some sort of renovation. Today we're going to visit each heart and assess its condition.

**Chip:** Ahhhh. Building treehouses sounds way more fun!

**Joanna:** Get with the program, Chip. Let's see--our first heart is on Whitewashed Way (*looking at clipboard*). Says here that it has fresh exterior paint and siding, new landscaping and has great curb appeal.

**Chip:** That's a problem? I wonder what the inside is like? What are the specs? How old is it? How many bedrooms and baths?

**Joanna:** That's funny. It doesn't say (*flipping pages*). Guess we'll find out when we get there.

**Chip:** I love surprises--NOT! Oh, here's Whitewashed Way. Is that the heart?

**Joanna:** That's it! Wow, it is really pretty. I love the colors. It's very welcoming and tastefully landscaped. I don't see too many problems out here. Let's go say hello. (*they approach the heart*)

**Chip:** Hello there. I'm Chip, this is Joanna. Did the HOA tell you that we were coming?

**Whitewash:** Yes, I got a registered letter from them last week. I can't imagine why they sent me that notice. Look around you. My flowers are colorful, the windows and the screens are spotless, the exterior is sparkling and pristine. I pray, I go to church, I give money, and I even do good works. Just the other day I gave my extra water bottle to a homeless guy. No one who sees me questions my dedication to the Kingdom. Based on what you see, I don't believe my heart deserves a letter like that, do you?

**Joanna:** Everything does look lovely, I must say. (*Chip is touching the flowers*) Chip, stop that.

**Chip:** (*under breath*) I've got something to tell you...

**Joanna:** You must have had a landscape designer helping you.

**Chip:** (*charades, pointing to flowers, etc.*)

**Joanna:** And what are these flowers? Are they perennials? Do they bloom year round?

**Whitewash:** They stay pretty much like that all the time, I must say.

**Chip:** (*nodding no--indicates fake*)(*Whitewash notices Chip's charades, questioning*)

**Joanna:** (*with a confused look toward Chip*) Chip, don't you think we'd better take a look inside now?

**Whitewash:** Is it really necessary to look inside my heart? Isn't what you see here good enough? Just sign off on my notice, and you can get on to other hearts that are really in need.

**Joanna:** No, we wouldn't be doing our job if we didn't inspect your heart thoroughly. Can you show us the interior of your heart? Don't worry, we're not going to judge you-- we've seen it all. And judging from the outside, you won't need much from us. *(Chips eyes get wide)*

**Whitewash:** Ok, here's the interior *(flips her heart around)*. While I excel in gardening, I do lack a little in my housekeeping skills. But in my defense, I have been extra busy, and had guests for over a week this summer, the kids have been sick and stir crazy; I just haven't been able to put much time into my heart. You understand, don't you?

**Chip:** Hmmm. Oh, my goodness! Holy cow! I wasn't expecting this mess. This is trashed! What is all this stuff? *(Joanna elbows him into silence)*

**Joanna:** Be nice Chip. Well, from what I can see, there is some work to be done here. I see a lot of pride and people-pleasing along with some insincerity, empty words and self-indulgence. And I'll be honest...based on the outside, the interior is a bit of a surprise. We'll need to work up a plan for your heart, and there will be a need for some demolition.

**Chip:** YES! My favorite--Demo Day!

**Whitewash:** I appreciate why you're here, and I've heard you are really good at your job--but I can take care of this myself. It looks worse than it is.

**Joanna:** Well, the HOA has hired us specifically to bring this heart up to code, so we will be back to work with you and implement our new design for your interior. We'll see you later.

**Whitewash:** Hmmph

*(Chip and Joanna leave)*

**Chip:** Jo, remember when I put on the Jersey at the Astros game when I threw out the first pitch? I had the jersey, the hat...I looked great. But it was all a show. I am not a baseball pitcher, and everyone knew it I was faking it. This heart is a fake--an imposter! While the outside looks good and righteous, the inside is just dead men's bones, unclean and corrupt. I'm going to call this the "Whitewashed Tomb" heart.

**Joanna:** The flowers looked so real. Can you believe FAKE FLOWERS!! It's gonna take some effort to renovate that Whitewashed Tomb heart.

**Joanna:** Ok, the next heart on our list is on Baggage Blvd. Interesting name for a street.

**Chip:** Maybe a bag lady lives there. Or maybe the bag boy from the supermarket lives there. Or, how about this--maybe Louis Vitton lives there, next to American Tourister.  
*(laughs at his own joke)*

**Joanna:** Alright. Enough. We’re here. This heart is really dated. No one landscapes with climbing ivy and those statues are hideous. I wonder what the inside looks like?

**Chip:** Hi, there. I’m Chip Gaines and this is my wife, Joanna.

**Baggage:** Oh, I know who you are. This is so exciting to finally meet you in person. I’m excited to see what you can envision for my heart. I wasn’t happy about that letter from the HOA--I was actually a little insulted. But getting to meet you guys makes it all worthwhile.

**Chip:** How long have you lived with this heart? Did you inherit it from your great-great-grandmother?

**Baggage:** No, I brought all this with me when I moved to this wonderful neighborhood. Would you like to see the interior? I like to think of my heart as having “vintage charm.”  
*(turns her heart)*

**Joanna:** Wow! It is a little dark in here. Those countertops are from the 1950’s. Is that avocado shag carpeting? And your furnishings seem a little...

**Chip:** This looks like a set from the “Brady Bunch.” *(aside)* Do you think she’s a hoarder? Maybe we need to get the “Hoarder” crew over here!

**Baggage:** I carried a lot of this with me when I moved here. I have thought about getting rid of old stuff that has been with me for a while. And yes, I have matching avocado appliances in the kitchen. I don’t love them, I don’t hate them. They’ve just been with me a long time. I’d like to get some things updated, but it’s a lot of work and commitment, and I’m attached to all these vintage items that I brought with me. I was offered some upgrades, but I wasn’t ready to let all my stuff go. And besides, all the older furniture is too heavy to move!

**Chip:** It’s time to bite the bullet. We’re going to do a drastic update to your heart. You will need to forget those things that are from your past and reach forward to what is ahead. We’re going to press toward the goal of a restored heart! All of this old stuff is just weighing you down. Trust us, demolition day will be hard, but you will feel like you have had a weight lifted from you.

**Joanna:** We’ve been doing this a long time. I agree with Chip. Once we remove this clutter, you’ll be surprised at how much natural light you already have. Our plan will be to open up and lighten up.

**Chip:** Ha! Good one Jo.

**Joanna:** What?

**Chip:** I see what you did there. Lighten up the room--Lighten up your load. You made a pun! Good job. I'm usually the funny one. Stay in your lane, Jo-Jo.

**Joanna:** We will see you later after I do some design planning.

**Baggage:** I'm excited...and scared --about what you are going take away.

**Chip:** Don't worry! Trust us!

*(Chip and Joanna walk away)*

**Chip:** I'm gonna call this heart the "Baggage Bungalow" and if she gives us trouble, we'll call the producers of "Hoarders" and they can go after her. So what's next on the list?

**Joanna:** This is our last heart, on Hidden Valley Lane. Here we are. Wow! What a beautiful heart!

**Chip:** Yeah! It's pretty extraordinary compared to what we normally see. No major red flags from here. Roof looks new, excellent curb appeal, no obvious cracks or foundation damage... *(walks to heart)*. Hi there. I'm Chip, and this is my wife, Joanna. I assume you were expecting us.

**Hidden Valley:** I got that letter. But I have no idea what prompted someone to report me to the HOA. It hasn't been that long since I updated my heart with new carpet and countertops. I even re-did the master bath.

**Joanna:** Well, let's take a look. Your file is pretty vague as to why we're here.  
*(she turns heart around)*

**Chip:** Oh, it's nice. *(cough, cough)*. Is that quartz or granite? It's nice. I love the island and the updated fixtures. *(sniff, sniff)*

**Joanna:** I love the color scheme. It flows nicely from room to room. *(sniff, sniff, cough)* I like your mid-century modern decor.

**Hidden Valley:** Do you see why I was puzzled by that letter?

*(Chip and Joanna look at each other)*

**Chip:** What is it I smell in here? Do you smell something Joanna?

**(Joanna: *(seriously, nods her head, hand over nose)*)**

**Hidden Valley:** What? A smell? I don't smell anything. Do you smell chocolate? I did make cupcakes yesterday. Maybe that's it.

**Chip: *(muffled talking behind hand)*** I know cupcakes when I smell it, and this is not cupcakes. We're going to need to find where the smell is coming from. We may have to search some closets or pull up some floorboards, maybe even open up some walls. Is there a dead body in here? *(Hidden Valley reacts in horror)* We have to get to the bottom of this smelly mystery in your heart.

**Hidden Valley:** I have no idea what you are talking about. What smell?

**Joanna:** Well, I'm not surprised that you can't smell it. You've been living with it for quite a while, so you wouldn't notice it.

**Chip:** She's nose-blind! I love that word! I've seen it before--when you live with it for a while, your nose just doesn't pick up the smell any more. You're just going to have to trust us, and trust my nose. My nose knows.

**Joanna:** Let just follow our noses, and see what we're dealing with.

**Chip:** Not over here....not here....Joanna I think it's stronger over here. Woah! *(gagging)* Found it. Oh, my gosh--It's coming from this closet.

**Hidden Valley:** Oh, wait! Don't open that door!~

**Joanna:** We're going to need to clean out and disinfect that closet

**Chip:** We may need to power wash.

**Hidden Valley:** Well, just let me explain. I have been storing a small amount of unforgiveness in that closet, and I can't believe it has decomposed and caused a smell that would make you gag. It was not that big a deal, but it was never resolved and I stored it away. It's not bothering me or anyone else.

**Chip:** I have two words for you. Black mold. Unforgiveness is like black mold, not so noticeable at first, but it turns deadly just like THAT! *(snaps fingers)* But I'm not sure it is just unforgiveness that I'm smelling, so we may need to search some more.

**Joanna:** We're definitely going to have to gut that closet when we come back, and you will need to help us. Once we clean out the rotting mess in this closet, I'm going to call a friend who does closet organization and turn this space into one that is inviting and

usable again. It will add to the square footage of your heart. You may be nose-blind today, but the new aromas will awaken the senses you have been ignoring.

**Hidden Valley:** Ahhh! Maybe that's why nobody visits for very long. I'll be able to host dinner parties again!

**Chip:** Ok, we'll be back with the supplies and equipment we need to attack this unwelcome intruder that has been stinking up your heart. *(Chip and Joanna leave)*

**Chip:** Aah! Fresh air!

**Joanna:** So what's your name for this fixer upper heart?

**Chip:** We may need to rename our show to "Odor Eaters" when we conquer this Pungent Palace.

**Joanna:** Let's get to work. *(walk off)*

## **Act 2 - Demo Day**

**Narrator:** Chip and Joanna have been hired to renovate three hearts. They have been hard at work redesigning and planning with each individual heart’s specific needs in mind. But the first part of that process is Demolition. Today on **“HGTV Insider”** we’re going to find out some behind-the-scenes details about Demo Day for each of the hearts, and what their design plans entail. Chip and Joanna, thank you for being here today. Chip, let’s first discuss the “Whitewashed Tomb” heart.

**Chip:** Whew! We had to pretty much gut the “Whitewashed Tomb.” If you remember, the outside was seemingly great, but artificial. The inside was trashed with sin. We had to rent a giant dumpster and hire a crew just to clean out the junk and hypocrisy before we could move forward in the project. But when we were down to the bare bones, we could envision the open concept. The renovation will reveal true natural light and the genuineness of the heart.

**Narrator:** That was quite an undertaking, I’m sure.. And Joanna, tell us about the Baggage Bungalow.

**Joanna:** Wow! There was a lot of avocado to scrape away. Those colors and styles and attitudes and habits from the 60’s and 70’s just don’t work anymore. We need to eliminate and forget the things of old to make room for new furnishings and press forward to a newly renovated heart. For instance, this heart was clinging to a bedroom completely dedicated to her old collection of memorabilia from her wild years, before she moved to this neighborhood. Those memories were dragging her down every time she walked past the room. And she was storing bags and bags of outdated, and I might add toxic attitudes and untruths. Those were holding her back from the beauty and amenities her new neighborhood has to offer.

**Narrator:** Oh, wow! That was another huge project. I can’t imagine that the heart was that cooperative.

**Joanna:** Actually, I think she was getting tired of all the weight of the past. But once we rid the heart of the old, dark and dirty, we had a bright, clean palette to work with. It’s definitely going to be worth it.

**Narrator:** Who wants to tell us about the Pungent Palace?

**Chip:** We took it from “toilet” to “toilette.” *(turns to Joanna)* That’s French, baby!

**Joanna:** You’re so cosmopolitan, Chip!

**Chip:** It is hard to put into words the stench in that place! Imagine stinky kitchen garbage, a forgotten gym bag filled with dirty socks, boiled cabbage with garlic, cat pee and with an ever-so-subtle of hint of port-a-potty...Now take all of those aromas

and concentrate them into one very strong air freshener that is capable of consuming your entire nasal passages. It was vile--foul--repulsive.

**Narrator:** Ewwwww.

**Chip:** Once we put our noses to the ground, we needed to sniff out the culprit. It wasn't easy, because it was hidden, and it had permeated the entire heart. We had already determine the smell emanated from that closet, but in the end, we found a second area. The closet reeked of unforgiveness, which we detected immediately. But we also found an area hidden under the stairs where bitterness was growing and festering. Combine what you consider putrid, rotten and rancid and put it in the oven and bake it...that what we had. All my workers had to wear hazmat gear, no joke! And we had to pull out the bitterness by its root.

**Joanna:** Alright, Chip. She doesn't need all the gory details. But it was bad. This was the heart where we were forced to pull up floorboards, bleach walls and completely decontaminate. People don't understand how devastating unforgiveness and bitterness can be to a heart, and how quickly they can take over. It's hard, but not impossible, to rid a heart of those harmful smells! With the cooperation of the heart owner, we'll do all we can to replace those odors with a nice fresh fragrance. We'll need open windows, industrial strength fans...and we may use the duct system to pump in fresh, healthy scents like "grace" and "forgiveness."

**Narrator:** I love those fragrances. So what's next for these hearts?

**Joanna:** Well, Demo Day and most of the grunt work are pretty much complete. Implementing our design and filling the space is the fun part. I think the HOA who commissioned this work will be pleased at the reveal.

**Narrator:** Thank you Chip and Joanna for coming to share your progress with our audience on "**HGTV Insider.**" I know I speak for all of us when I say how excited we are to see the final products in this labor of love. All hearts are a work in progress, but you have made some major breakthroughs into specific areas which were compromising these hearts. Thanks for being here this afternoon.

*(gets up, shakes hands, leaves)*

### **Act 3 - The Big Reveal**

**Narrator:** It's time for the big reveal! Chip and Joanna Gaines were asked to help renovate three hearts in the "*Kingdom of Love*," and they have been working their magic to bring these hearts up to code. No heart is perfect; while all hearts who live in the neighborhood are works in progress, these three hearts were in need of immediate attention in some crucial areas.

**Joanna:** The first on our list is Whitewashed Tomb. (*enter Whitewash*) Are you ready?

**Whitewash:** I'm nervous, but excited.

**Joanna:** Let's remind everyone what your heart looked like at the beginning of this project.

**Whitewash:** Do we have to look on the inside again? I'm going to be embarrassed.

**Joanna:** Well to appreciate the amazing transformation, let's just remind everyone of what we faced on that first day.

**Whitewash:** I can't look!

**Joanna:** (*puts arm around her shoulder*) It's okay. We'll do it together. (*present old heart*)

**Whitewash:** How did I think that was okay? The dark rooms, the trash...why did I use fake flowers? Who was I trying to impress?

**Joanna:** Are you ready to see your fixer-upper? (*new heart revealed*)

**Chip:** Look at this beauty. We did a little landscaping in the front, no more fake foliage! But now let's look at the inside. I think you will be pleased. (*turns and reveals inside*)

**Whitewash:** Oh! It's so bright! Such clean lines. I can't believe this is the same heart! I think it is going to be so much easier to maintain now that both the inside and outside of my heart are furnished in truth and genuineness. Now that I think about it, it was a lot of work to keep up such an elaborate facade. Thank you so much.

**Joanna:** It was our pleasure. I love the shiplap! Now, let's meet Baggage Bungalow. (*enter Baggage*) Are you ready?

**Baggage:** I'm totally ready. I knew I had too much stuff. Even within the short time you've been restoring, I can already feel the difference in my back and shoulders. I didn't realize how that baggage was weighing on me.

**Joanna:** Chip, let's remind everyone what this heart looked like at the beginning of this project.

**Chip:** Well, I know one thing. I couldn't even walk through it, and when I did I thought I had stepped into a time capsule. So much old junk that should have never been carted to this new neighborhood.

**Baggage:** I guess I got to where I didn't notice it. It was just comfortable.

**Joanna:** Are you ready to see your fixer upper? *(new heart revealed)*

**Chip:** What a transformation! Talk about open and updated. Where there was avocado, there's now stainless steel. Where there were old habits, there are now new lifestyle choices. Where there were blackout curtains, sunlight now permeates every corner of the room.

**Baggage:** I never recognized the burden that all these old attitudes and habits were. I couldn't really move forward. Now that you have cleared everything out, I feel like I have a new beginning, and new motivation to press on and to maintain my newfound "uncluttered-ness" by immediately addressing piles and stacks that can quickly get out of control. I don't want any old attitudes or past regrets to creep in and ruin my new space. I'm determined to stay vigilant now.

**Joanna:** Glad you see the importance of constantly laying aside those crippling weights that keep you trapped in darkness. I see a bright future for you. Now let's go on to the Pungent Palace. *(enter Pungent)* Are you ready?

**Pungent:** Well, you weren't going to make a lot of cosmetic changes, so I'm not sure what to expect. Will I really notice any change?

**Chip:** Oh, yeah! It's going to be more about what you won't find in your heart, than any new additions. The second you walk through that door you're going to be hit smack dab in the face with the new and extreme scent of grace. You'll notice! Your neighbors will notice. Your mailman will notice. Everyone will notice what is missing.

**Joanna:** Do you remember what the Pungent Palace was like before?

**Chip:** I hope I can forget!! That odor cleared my sinuses and I couldn't eat for a week.

**Pungent:** And I can't believe I was oblivious to it. Well, nose-blind no longer! Now I will be "nose-aware"-- it will be like smelling my heart for the first time!

**Joanna:** Are you ready to see your Fixer Upper? *(new heart revealed)*

**Chip:** The heart itself doesn't look all that different, but take a whiff of that fresh scent.

**Pungent:** *(takes a big breath)* It’s wonderful! I can definitely smell the difference! The smell is not just being masked, like spraying Glade “evergreen” around the room. This is real and refreshing and invigorating..I assure you, I am going to take action the next time there’s even a hint of unforgiveness hiding in my heart. Now I’m aware of the reeking consequences of trying to hide unforgiveness and bitterness!

**Joanna:** I know you will, and that new closet will make room for more important things that you do want to hold on to, mercy, patience, peace and lovingkindness. *(to Chip)* I think our work on these three hearts here in the “*Kingdom of Love*” is done for now, Chip!

*(other two hearts move into view)*

**Chip:** Welcome home, you guys. You’re going to live happily ever after here.

**Whitewash, Baggage and Pungent:** Thank you so much. You guys are amazing.

**Joanna:** We helped with the renovation, but the glory goes to your HOA who identified the problem, hired us and paid in full for us to do whatever it took to renovate your hearts. You have a very unique HOA. They care about the individual hearts in this neighborhood. I would say that you are very loved. They didn’t want you to stay like you were. And the process will continue as they regularly search and test your hearts.

**Narrator:** As we come to the close of another successful episode of Fixer Upper, I hope we can all learn from these renovations, take inventory of our own hearts and implement some of Chip and Joanna’s transforming redesigns. Join us next time as Chip and Joanna tackle the daunting task of renovating a Kingdom townhouse infested with destructive carpenter ants of greed and worldliness which have caused significant structural damage. You won’t want to miss it!