



NOTES

INTRODUCTION: MAKING HOME

Epigraph: C. S. Lewis, *Mere Christianity* (New York: HarperCollins, 1952), 136–137.

1. Louisa Thomsen Brits, *The Book of Hygge* (New York: Plume, 2017), 16.
2. *Ibid.*, 19.
3. Meik Wiking, *The Little Book of Hygge* (New York: HarperCollins, 2017), 22–24.
4. John F. Helliwell et al., “Social Environments for World Happiness,” *World Happiness Report 2020*, March 20, 2020, <https://worldhappiness.report/ed/2020/social-environments-for-world-happiness/>.
5. “Word of the Year 2016,” OxfordLanguages, accessed January 31, 2022, <https://languages.oup.com/word-of-the-year/2016/>.
6. Jessica Lowry Vizzutti, “Live Your Best Hygge Life,” HGTV, accessed January 31, 2022, <https://www.hgtv.com/sweepstakes/hgtv-urban-oasis/2019/hgtv-urban-oasis-2019-hygge-lifestyle-pictures>.
7. “#hygge,” Instagram, accessed January 31, 2022, <https://www.instagram.com/explore/tags/hygge/?hl=en>.

8. “G3306 - menō - Strong’s Greek Lexicon (κјv),” Blue Letter Bible, accessed January 31, 2022, <https://www.blueletterbible.org/lexicon/g3306/kjv/tr/0-1/>.

CHAPTER 1: HOSPITALITY

Epigraph: Sally Clarkson, *The Lifegiving Table* (Carol Stream, IL: Tyndale Momentum, 2017), 13.

1. “H157 - ‘āhab- Strong’s Greek Lexicon (κјv),” Blue Letter Bible, accessed January 31, 2022, <https://www.blueletterbible.org/lexicon/h157/kjv/wlc/0-1/>.
2. “Jewish Practices & Rituals: Hospitality,” Jewish Virtual Library, accessed January 31, 2022, <https://www.jewishvirtuallibrary.org/hospitality-in-judaism>.
3. Jamie Erickson (@unlikely_homeschool), “The table was important to Jesus. Or more accurately, the people around the table were important,” Instagram photo, November 4, 2018, <https://www.instagram.com/p/Bpx2JLgAYVe/>.
4. Elena Renken, “Most Americans Are Lonely, and Our Workplace Culture May Not Be Helping,” *NPR*, January 23, 2020, <https://www.npr.org/sections/healthshots/2020/01/23/798676465/most-americans-are-lonely-and-our-workplace-culture-may-not-be-helping>.
5. Gunnar Karl Gislason and Jody Eddy, *The Hygge Life* (New York: Ten Speed Press, 2017), 140.
6. “Breaking Bread with ‘Companion,’” Merriam-Webster, accessed February 12, 2022, <https://www.merriam-webster.com/words-at-play/history-of-word-companion>.
7. Roberto A. Ferdman, “The Most American Thing There Is: Eating Alone,” *The Washington Post*, August 18, 2015, <https://www.washingtonpost.com/news/wonk/wp/2015/08/18/eating-alone-is-a-fact-of-modern-american-life/>.
8. “Had a Long Day of Travel? Check Into a Hospital,” Merriam-Webster, accessed February 12, 2022, <https://www.merriam-webster.com/words-at-play/word-history-hospital-hostel-hotel-hospice>.
9. Jamie Erickson, “The Year of Hygge for Homeschooling,” *The Unlikely Homeschool*, June 17, 2016, <https://www.theunlikelyhomeschool.com/2016/06/hygge.html>.

CHAPTER 2: RELATIONSHIPS

Epigraph: Fred Rogers, “What Nourishes Our Souls: Fred Rogers’ Commencement Address at Marquette University,” *We Are Marquette*, March 14, 2016, <https://stories.marquette.edu/what-nourishes-our-souls-6ae2ba84bd26>.

1. Jamie Erickson (@unlikely_homeschool), “As a mom who has heard more than her share of sibling squabbles,” Instagram photo, June 11, 2020, <https://www.instagram.com/p/CBT8N0lplCe/>.
2. “The Health Impact of Loneliness: Emerging Evidence and Interventions,” NIHCM Foundation, October 15, 2018, <https://nihcm.org/publications/the-health-impact-of-loneliness-emerging-evidence-and-interventions>.
3. Elena Renken, “Most Americans Are Lonely, and Our Workplace Culture May Not Be Helping,” *NPR*, January 23, 2020, <https://www.npr.org/sections/health-shots/2020/01/23/798676465/most-americans-are-lonely-and-our-workplace-culture-may-not-be-helping>.
4. Louisa Thomsen Brits, *The Book of Hygge* (New York: Plume, 2017), 50.
5. Meik Wiking, *The Little Book of Hygge* (New York: HarperCollins, 2017), 26.
6. “Senator Benjamin E. Sasse Takes on Tribalism and Loneliness in Book,” Morning Joe MSNBC, October 16, 2018, YouTube video, <https://www.youtube.com/watch?v=YifkAM4nN-M&t=370s>.
7. Wiking, *Little Book of Hygge*, 202.
8. Unverified quotation attributed to Theodore Roosevelt.
9. Marie Tourell Søderbergh, *Hygge: The Danish Art of Happiness* (United Kingdom: Michael Joseph, 2016), 12.
10. Annie Dillard, *The Writing Life* (New York: Harper & Row Publishers, 1989), 32.

CHAPTER 3: WELL-BEING

Epigraph: *Parade*, December 30, 1973; quoted in “Resolve to Be Tender with the Young and Compassionate with the Aged,” Quote Investigator, December 22, 2014, <https://quoteinvestigator.com/2014/12/22/tender/>.

1. Zameena Mejia, “Harvard’s Longest Study of Adult Life Reveals How You Can Be Happier and More Successful,” *CNBC Make It*, March 20, 2018, <https://www.cNBC.com/2018/03/20/this-harvard-study-reveals-how-you-can-be-happier-and-more-successful.html>.

2. “Poverty Rate by Country 2021,” World Population Review, accessed February 12, 2022, <https://worldpopulationreview.com/country-rankings/poverty-rate-by-country>.
3. Louisa Thomsen Brits, *The Book of Hygge* (New York: Plume, 2017), 129.
4. Beth Hautala (@rise.write.repeat), “Today was one of those Mondays that begins with lovely intention and sort of deflates,” Instagram photo, November 8, 2021, <https://www.instagram.com/p/CWCKNiEspLETE0YOnRIaSMLejnmwTvJHd9SQQU0/>.
5. Emily P. Freeman, “Choose Your Absence,” *The Next Right Thing*, podcast audio, January 8, 2018, <https://emilypfreeman.com/podcast/19/>.
6. “H2165 - zᾰmān - Strong’s Greek Lexicon (KJV),” Blue Letter Bible, <https://www.blueletterbible.org/lexicon/h2165/kjv/wlc/0-1/>.
7. Jamie Erickson (@unlikely_homeschool), “In our age of high-speed, higher-speed, highest-speed, online relationships are sometimes the hardest to care for,” Instagram photo, October 20, 2020, <https://www.instagram.com/p/CGkeS48hu4w/>.
8. Tish Harrison Warren, *Liturgy of the Ordinary* (Downers Grove, IL: InterVarsity Press, 2016), 148.

CHAPTER 4: ATMOSPHERE

Epigraph: Winston Churchill, “Speech in the British House of Commons regarding the rebuilding of the Commons Chamber,” HC Deb, October 28, 1943, vol 393 cc403–73, <https://api.parliament.uk/historic-hansard/commons/1943/oct/28/house-of-commons-rebuilding>.

1. “Crĕo,” *Latinitium*, <https://latinitium.com/latin-dictionaries/?t=lsn11543,do117>.
2. Grant Hilary Brenner, “The Secrets You Keep Are Hurting You—Here’s How,” *Psychology Today*, January 22, 2019, <https://www.psychologytoday.com/us/blog/experimentations/201901/the-secrets-you-keep-are-hurting-you-heres-how>.
3. Signe Johansen, *How to Hygge: The Nordic Secrets to a Happy Life* (New York: St. Martin’s Press, 2017), 167.
4. Louisa Thomsen Brits, *The Book of Hygge* (New York: Plume, 2017), 98.
5. Nancy DeMoss Wolgemuth, *Lies Women Believe: And the Truth That Sets Them Free* (Chicago: Moody Publishers, 2018), 123.
6. Darby E. Saxbe and Rena Repetti, “No Place Like Home: Home Tours Correlate with Daily Patterns of Mood and Cortisol,” *National Library*

- of Medicine*, November 23, 2009, <https://pubmed.ncbi.nlm.nih.gov/19934011/>.
7. Erma Bombeck, *Eat Less Cottage Cheese and More Ice Cream* (Kansas City, MO: Andrews McMeel Publishing, 2003).
 8. Seong-Hyun Park and Richard H. Mattson, “Effects of Flowering and Foliage Plants in Hospital Rooms on Patients Recovering from Abdominal Surgery,” *Hort Technology* 18, no. 4 (2008), <https://doi.org/10.21273/HORTECH.18.4.563>.
 9. “Focus,” *Latinitium*, <https://latinitium.com/latin-dictionaries/?t=sh10156,lsn18480>.
 10. Bob Smietana, “Study: Americans Fond of Bible, But How Many Read It?,” *Baptist Press*, April 25, 2017, <https://www.baptistpress.com/resource-library/news/study-americans-fond-of-bible-but-how-many-read-it/>.

CHAPTER 5: COMFORT

Epigraph: Rosaria Butterfield, *The Gospel Comes with a House Key* (Wheaton, IL: Crossway, 2018), 93.

1. “H1588 - *gan* - Strong’s Hebrew Lexicon (κJV),” Blue Letter Bible, accessed November 15, 2021, <https://www.blueletterbible.org/lexicon/h1588/kjv/wlc/0-1/>.
2. “H5731 - *‘ēden* - Strong’s Hebrew Lexicon (κJV),” Blue Letter Bible, accessed November 15, 2021, <https://www.blueletterbible.org/lexicon/h5731/kjv/wlc/0-1/>.
3. Attributed to a Japanese proverb. See “If You Seek Revenge You Should Dig Two Graves,” Quote Investigator, accessed February 14, 2022, <https://quoteinvestigator.com/2019/07/07/two-graves/>.
4. Louisa Thomsen Brits, *The Book of Hygge* (New York: Plume, 2017), 92.
5. Henry Cloud and John Townsend, *Boundaries* (Grand Rapids, MI: Zondervan, 1992), 94.
6. Maurus Brown and Gary Gao, “Basic Principles of Pruning Backyard Grapevines,” *Ohionline: Ohio State University Extension*, February 8, 2017, <https://ohionline.osu.edu/factsheet/HYG-1428>.

CHAPTER 6: CONTENTMENT

Epigraph: A. A. Milne, *The House at Pooh Corner* (New York: Dell Publishing Co., 1928), 19–20.

1. Jay Friedenberg, *Artificial Psychology: The Quest for What It Means to Be Human* (New York: Taylor & Francis, 2010), 217, quoted in Greg McKeown, *Essentialism: The Disciplined Pursuit of Less* (New York: Crown Publishing Group, 2014), 26.
2. Jamie Erickson, “The Comparison Trap,” *Mom to Mom Podcast*, podcast audio, April 2, 2019, <http://momtomompodcast.com/4/>.
3. Elisabeth Elliot, *Keep a Quiet Heart* (Ann Arbor, MI: Servant Publications, 1995), 20.
4. Richard Florida, “The Unhappy States of America,” Bloomberg, March 20, 2018, <https://www.bloomberg.com/news/articles/2018-03-20/gallup-study-shows-well-being-in-decline-across-america>.
5. Kristen Welch, *Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life’s Biggest Yes* (Carol Stream, IL: Tyndale Momentum, 2015), 157.
6. *Ibid.*, 158.
7. Hannah Ritchie and Max Roser, “Clean Water,” Our World in Data, September 2019, last updated in June 2021, <https://ourworldindata.org/water-access>.
8. Jamie Erickson (@unlikely_homeschool), “We have a lamppost at the edge of our frontyard,” Instagram, October 21, 2020, <https://www.instagram.com/p/CGm9hXmBvwv/>.
9. Helen Russell, *The Year of Living Danishly* (London: Icon Books, 2015), 277.

CHAPTER 7: REST

Epigraph: Bishop J. Taylor Smith, “Friends of Jesus,” *The Church Missionary Review* 53 (1902), 811.

1. “H7673 - *šābat* - Strong’s Hebrew Lexicon (KJV),” Blue Letter Bible, <https://www.blueletterbible.org/lexicon/h7673/kjv/wlc/0-1/>.
2. Orthodox Union staff, “The 39 Categories of Sabbath Work Prohibited by Law,” Orthodox Union, July 17, 2006, https://www.ou.org/holidays/the_thirty_nine_categories_of_sabbath_work_prohibited_by_law/.
3. Lydia Saad, “The ‘40-Hour’ Workweek Is Actually Longer—by Seven Hours,” *Gallup*, August 29, 2014, <https://news.gallup.com/poll/175286/hour-workweek-actually-longerseven-hours.aspx>.
4. Lawrence Mishel, “Vast Majority of Wage Earners Are Working Harder, and for Not Much More,” Economic Policy Institute, January 30, 2013,

- <https://www.epi.org/publication/ib348-trends-us-work-hours-wages-1979-2007/>.
5. John Pencavel, “The Productivity of Working Hours,” Stanford Institute for Economic Policy Research, discussion paper no. 13-006 (October 2013), 27, <https://ideas.repec.org/p/sip/dpaper/13-006.html>.
 6. Helen Russell, *The Year of Living Danishly* (London: Icon Books, 2015), 53.
 7. Edith Schaeffer, *What Is a Family?* (Grand Rapids, MI: Baker Books, 1975), 211.
 8. Keri Wyatt Kent, *Breathe: Creating Space for God in a Hectic Life* (Grand Rapids, MI: Revell, 2005), 213.
 9. Sarah DiGiulio, “What Happens in Your Body and Brain While You Sleep,” *NBC News*, October 9, 2017, <https://www.nbcnews.com/better/health/what-happens-yourbody-brain-while-you-sleep-ncna805276>.
 10. “H7673 - *šābat* - Strong’s Greek Lexicon (HNV),” Blue Letter Bible, <https://www.blueletterbible.org/lexicon/h7673/hnv/wlc/0-1/>.
 11. Mason King, “Entering God’s Rest,” The Village Church, September 2009, video, 6:36, www.tvresources.net/resource-library/sermons/entering-gods-rest.
 12. “Yoke,” *Encyclopedia Britannica*, July 20, 1998, <https://www.britannica.com/technology/yoke>.
 13. John Lawrence, *A General Treatise on Cattle, the Ox, the Sheep, and the Swine* (London: H.D. Symonds, Paternoster-Row, 1805), 229.
 14. Michael Rydelnik and Michael Vanlaningham, *The Moody Bible Commentary* (Chicago: Moody Publishers, 2014), 1473.
 15. J. Dwight Pentecost, “The Yoke of Jesus,” *The Voice: Dallas Theological Seminary*, October 1, 2013, <https://voice.dts.edu/article/the-yoke-of-jesus-j-dwight-pentecost/>.
 16. “H6960 - *qāvā* - Strong’s Greek Lexicon (KJV),” Blue Letter Bible, <https://www.blueletterbible.org/lexicon/h6960/kjv/wlc/0-1/>.
 17. “G2218 - *zygos* - Strong’s Greek Lexicon (KJV),” Blue Letter Bible, <https://www.blueletterbible.org/lexicon/g2218/kjv/tr/0-1/>.

CHAPTER 8: A HOME FOR THE HOMELESS

Epigraph: Madeleine L’Engle, *A Rock That Is Higher* (Colorado Springs: WaterBrook Press, 2001), 340.

1. Charles Dickens, *A Christmas Carol* (New York: Simon & Schuster, 1983), 59.