



De-clutter Your Life!

During the spring season many feel a need to do spring cleaning or de-clutter their home or office space. De-cluttering not only refers to a place or space but it can also apply to your life or soul and is a practical time management tool.

De-cluttering brings order to your life or space and helps you to get rid of what you don't need in order to focus your time, energy

A cluttered environment is usually a sign of a cluttered or confused soul.

Impact of Clutter:

Clutter, whether in your home/space or in your life/soul, can lead to procrastination—preventing you from being relaxed or productive. It collects dust and creates disorder on the one hand while causing frustration and confusion on the other.

Soul Destroying Clutter:

A cluttered environment is usually a sign of a cluttered or confused soul. Since your soul includes your mind, will and emotions, clutter in your soul can be detrimental to your health. It can put your soul in bondage to anxiety or depression and prevent you from moving forward in your life. God wants you healthy and your soul healed, free and prosperous so that you can be who God purposed you to be. (*Isaiah 61:1, Matthew 9:35-38, Matthew 22:37, 3 John 1:2, Jeremiah 29:11*).

Soul De-Cluttering:

- helps you identify and let go of negative thought patterns and habits (offenses, unforgiveness, bitterness) or any area in your life that is weighing you down and keeping you from being free
- gives you clearer insight into who you “genuinely” are
- presents you with a fresh start to help you move forward in your life

Comparison between De-cluttering Your Home/Space and Your Life/Soul:

There are many similarities between de-cluttering a home/space and your life/soul. There are **four** major steps—Inventory, Toss, Organize and Start new.

De-clutter your life

(cont'd)

Home/Space	Life/Soul
Inventory	
Go through each room, drawer, nook or cranny of your home or space and take an inventory.	Seek God for a cleansing of your life or soul, He will bring to remembrance those areas that need to be released because He knows everything about you and has great plans for your life. Pause and take an inventory of your life/soul. Jeremiah 29:11, Psalm 139:1-18, <i>Philippians 1:6</i>
Toss	
Get rid of the things you no longer use or need.	Get rid of anything that is burdening or blocking you from moving forward in your life. <i>Hebrews 12:1</i>
Organize	
Put things where they belong and add space, light and organization to your home/space. Don't be surprised if you find things you'd forgotten about or thought you'd lost.	Organize your thoughts, think and hear the Spirit of God more clearly and focus on what matters most. Don't be surprised if you uncover or recover the hidden things you'd forgotten about or thought you were healed from. <i>Galatians 5:1</i> .
Start New	
You now have the freedom to do new things with the space—redecorate, restructure, etc.	You now have the freedom to do new things in your life—the soul killing clutter is removed. <i>Matthew 22:37, John 8:36</i> .

Recently, I started de-cluttering my home office—tossing out and shredding anything that I considered clutter. I avoided tackling my office in the past because the task was so overwhelming. I held onto items for many years, thinking that I needed them, realizing that they were only taking up space and causing disorder and frustration. My plan for approaching my office so that it would not be overwhelming was to set aside 2 days a week to work on the office and work on tasks that would only take 2 hours or less to complete. This technique has proven very effective for me.



Refer to “Avoid Procrastination” article in the Journey Through Life Ministries Second Quarter 2014 Newsletter, Pg. 9, for additional Time Management methods. http://www.journeythroughlifeministries.net/files/2nd_qtr_20142.pdf

Ironically, I am also continuing a 40 day soul fast, where I am identifying and cleansing my soul (mind, will, emotions) of negative thoughts, habits, mindsets and distractions that are keeping me from moving forward in my life. *The 40 Day Soul Fast, created by best-selling author, teacher, empowerment specialist and former senator—Dr. Cindy Trimm*, is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. For more information about Dr. Trimm and her soul fast program refer to her web-site: <http://www.soulfast.com>