



SERIES: MY LIFE WITH GOD

Clutter Free Living

Life Reference: Matthew 6:25-34

Focus Verse:

“To every thing there is a season, and a time to every purpose under the heaven . . . a time to keep, and a time to cast away” (Ecclesiastes 3:1,6).

A recent decluttering binge of my storage area prompted several trips to the local hardware store to purchase additional shelving and organizing containers. The paper shredder overheated from constant use as I shred old records. Trash bags were filled and carried out. I made great progress—until other demands on my time pulled me away. Alas, there is still clutter to conquer.

Life Reflection:

Do you have areas of clutter in your home that you just can't seem to find the time to clear?

Does it give you an unsettled feeling whenever you walk past that area?

Clutter is not to be confused with junk. True, some clutter is junk, but some is just an over-abundance of perfectly good items. Have you ever found yourself muttering, “Why? What was I thinking when I bought this? It’s just more to dust and clean.” Some things may go into a box to donate to charity while others are boxed and put in a storage area—out of sight and out of mind. We don’t need it, will probably never use it again, but have a crazy emotional attachment that keeps us from getting rid of it.

Clutter: a large amount of things that are not arranged in a neat or orderly way; a crowded or disordered collection of things.

(<http://www.merriam-webster.com>)

Spiritual Clutter

Our spiritual lives also get cluttered. We realize it's time to get things in order and identify areas that need "cleaned out." We work feverishly for a while; but if we are not careful, it's easy to become preoccupied and not finish the decluttering.

It's also easy for already organized areas to get messy again and crowd out some priceless treasures. Space must be reserved for righteousness, godliness, faith, love, patience, and meekness (I Timothy 6:11). These deserve a prominent place in our lives.

Life Reflection:

What are some areas of spiritual clutter that need your attention?

Are there things in your life (clutter) that are holding you back from being all you want to be for God?

How do we go about decluttering our spiritual lives?

Just as all clutter in our home is not junk, all spiritual clutter is not sin. It's possible our focus is on the wrong thing. We allow ourselves to over-commit to numerous worthy projects, pulled this way and that by first one request to help and then another. We forget that our priority should be the things God has placed in our hearts to do. Our lives grow too full and we feel out of balance.

Life Response:

Clutter is distracting. Have you ever walked into a room where every available surface is covered with "things"? The eye has no place to rest and the effect is overwhelming. Sitting in such a room is not restful. We find ourselves on edge, constantly alert that we do not bump or break something. In



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contrast, a room with a balance of simple décor feels peaceful. We find ourselves settling into our chairs and relaxing in the comfortable surroundings. This same feeling of rest comes when our spiritual life is uncluttered and in balance. Simplicity brings richness to our spirit.

Perhaps it is time to simplify, not only our homes but also our lives. Whether it is an over-abundance of things or of activities, we can easily feel stressed and overwhelmed.

Life Reflection:

What things are draining your energy and causing that you feel should be removed from your schedule?

Are there things you have allowed to overwhelm you just because you don't know how to say "no" to a friend or someone at church?

In what ways do you feel God wants you to simplify and declutter your life?

Isaiah 55:2 asks, "Why do you spend money for what is not bread, And your wages for what does not satisfy? Listen carefully to Me, and eat what is good, And let your soul delight itself in abundance" (NKJV). This abundance has nothing to do with material possessions. It is the prosperity of being "rich toward God" (Luke 12:21).

Lord, help me recognize which is clutter and which is treasure from You.

My Prayer:

Lord, help me to simplify my life so that I can be more effective for You and draw closer to You. Show me the things I have allowed to clutter my mind and my heart, things that sidetrack me from living effectively for you. Help me to purge those things from my schedule that take time away from our relationship and distract me from serving You with my whole heart. I want my soul to delight itself in You.



More Life with God References:

Psalm 27:4

Proverbs 4:23

Luke 10:41-42

II Corinthians 7:1

Ephesians 4:23-24

Colossians 3:2

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