

SPRING CLEANING

*You will keep in perfect peace
all who trust in you,
all whose thoughts are fixed on you!*

Isaiah 26:3 (NLT)

How's your spring cleaning coming? Or are you like me, never getting around to something that takes so much energy – so much courage. It does take courage, even to get started, doesn't it?

- Do you have a problem with clutter that you can't overcome? Tell us about it.

Most of us would like a clean and tidy home, especially now, with the sun shining through the windows. I know I long for tidy surfaces on my furniture, all the messes of paper that have collected for such a long time cleared away.

- Do you have an excess paper problem?
- Why do we have such a hard time applying ourselves to such chores?

And what about other things that need doing? A freezer that needs defrosting. A cupboard full of things we'll never need again.

- What's holding us back from throwing useless things out? Tell us about your clutter. Don't be embarrassed. We all have it.
- How do you think you would feel if you were able to get some of these things cleaned up?

If God would only give us the where-withal to do these jobs – even to find pleasure in the work. Wouldn't it be great to find pleasure in the cleaning up?

- Does cleaning up give you pleasure? How did you find the pleasure?

But there are other kinds of clutter besides the ones messing up our homes. Clutter comes in all sorts and sizes. .

We might have physical needs that are hard to meet. Maybe our health is poor with no answer in sight. We might be on a low budget, finding it hard to make ends meet. These are all problems that clutter up our lives.

The toughest de-cluttering jobs for me involve those that affect who I am on the inside. It's the work required to clear away the burdens in my mind and soul, emotionally, relationally. We all have them, don't we? We need to forgive others and ourselves, let go of regrets, release sorrow and pain.

So many needs! And where can we go for help?

- Can you think of some burdens that clutter you on the inside? Do you have anything you'd like to share? You can be specific or general.

Of course, we can go to God for help with this kind of de-cluttering jobs. We need to focus on Jesus, away from the messes in our home and in our mind. We need to pray:

"Lord, please help us clear our path to make it simpler, tidier, easier to navigate. We long for a less cluttered life, inside and out."

We all long for the peace Jesus brings. How grateful we are when we know what He can do for us if we trust Him and focus on Him.

Listening to praise music is a good way to shift the focus from the troubles we're dealing with, whether it be an overwhelmingly messy house, or problems with health or finances.

Focusing on Jesus will help us release our emotional pain. We won't feel so alone with it. There is a wonderful song that encourages me and helps me remember. Here is the refrain.

*Turn your eyes upon Jesus,
Look full in His wonderful face,
And the things of earth will grow strangely dim,
In the light of His glory and grace.*