



## SD#105 The Beauty of an Uncluttered Soul, part 2

2 Corinthians 5:17 (NIV)

*“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”*

### Reflection Questions:

- 1) What are some healthy habits you’ve created in your life?
- 2) Do you feel you lack time, space, or energy for cultivating good habits?
- 3) What are the areas you “lean into” that may clutter up your soul?



Seeing Deep Ministries

### Extended Devotion:

I am a recovering “checklist keeper.” As a former classroom teacher, I was once a lover of checklists and full planners. Something was satisfying in checking items off my list. I felt accomplished that I’d completed something. Are you that way too? While I still enjoy checking things off my lists today, I am no longer a slave to these lists. Where I used to feel guilt over unchecked boxes, I now slow down and evaluate the priorities on the list. This helps me slow down and give purposeful attention in the areas that need tending. I have become more aware of how and why I’m doing these tasks. The tasks then become more joyful rather than grievous.

Do you find yourself struggling in the minutes of your day? Perhaps a lack of calmness and desire drives your day as you seek beauty but struggle to find it. Overwhelm and unrealistic expectations contribute to cluttered souls. The inward clutter can easily cloud both inward and outward beauty in our lives. So, how can we find beauty and begin living joyfully in our spiritual walk?

As image-bearers of the Most Beautiful One, we are indeed beautiful. God’s steadfast love for us is ever abounding in our lives. However, the clutter we keep prevents us from seeing it and ultimately living it. **True beauty comes from abiding in Christ.** The more we abide, the more we live peaceful, joyfully, and restfully.

Intentionally slowing down and firstly making time with God is key to decluttering our souls. Sifting through the moments of our days and removing those distractions that distance us from Him will help us see beauty again. Friends we were not meant to live our Christian lives in chains. Our sins bind us to the lies that we are not beautiful nor can we live joyfully. But God’s Word says our old life is behind us. He makes all things new, and we can live beautifully new in Him.

Psalm 139:14 (NIV) says, “*I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*” As Christians, we are purposefully made with God’s image. We can live beautiful lives by constantly abiding in God’s presence.

### Application:

1. Crafting healthy habits is essential to a beautiful soul. This helps us slow down and enjoy God’s beauty around us. Write down at least two habits you can cultivate today that will help you slow down.
2. Dwelling on God’s beauty helps us see the beauty in other areas of life. Read Psalm 113 and write out a couple of verses that stand out to you regarding God’s beauty.



Takeaway:

When we abide in Christ, we cultivate inward beauty and it shines forth for the world to see.

