



SD#104 The Beauty of an Uncluttered Soul, part 1

Galatians 5:22 (NIV)

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness.”

Reflection Questions:

- 1) Where are the “cluttered” areas of your life?
- 2) Do you often feel restless and anxious?
- 3) How can you peel back the layers of your life and cleanse the clutter?



Seeing Deep Ministries

Extended Devotion:

I have a confession. I struggle with controlling certain areas of my life. One day I'm moving along just fine and in an instance, worry and doubt seep into my soul. These feelings replace what I truly desire, peace and joy. Have you ever felt that way? If living in a pandemic has taught me anything, it's that I cannot control my circumstances. Worry and doubt are ultimately rooted in my lack of trust in God's Sovereignty in my life. Perhaps you've struggled with that as well. There is hope, friends!

Struggling with our cluttered souls is not the way God intended us to live our lives. But, as fallen creatures, we can succumb to the weight of the world now and again. There are ways we can deconstruct the clutter of our lives and prune the sins that easily beset us. One of those ways is forming healthy habits of checking in with our souls. It's easy to glance in the mirror and freshen up our outward appearance as we carry on in our day. It's much more difficult to pause and ponder on the appearance of our souls.

Keeping our souls free of clutter is even more important than keeping our homes neat and tidy. I know the overwhelm I feel when the laundry sits stagnant for a few days. As the piles grow, my peace shrinks. The same is true when we neglect the careful tending of our souls. A decluttered soul allows the fruits of the Spirit to shine out and permeate our homes, our world. The first step is pausing and asking the Lord to reveal the weak areas and allow Him to fill them with His beauty.

A willingness to clear away our cluttered souls is an essential part of our walk with God. While it may seem uncomfortable at first, we can take comfort in knowing that God desires good things for us. It's in these times that we find the things that are preventing a deeper relationship with Him. When we clear away the clutter, we see our path more clearly.

Romans 12:2 (ESV) says, "*Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*" Renewing our minds leads to renewing our souls where we can experience true peace from the Father.

Application:

1. In your journal, write out the areas you feel are cluttered in your life. Ask the Lord to reveal the ways He wants you to declutter them.



2. Write out Isaiah 26:3 - “*You will keep in perfect peace those whose minds are steadfast, because they trust in you.*” True peace is found when our minds faithfully focus on the things of God. When this happens, our souls feel free.

Takeaway:

We can experience an uncluttered soul when we faithfully attend to our spiritual health.

