



January 7 & 8

Create Margin in My Mind & Heart

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Introduction

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life." [Psalms 139:23-24] The start of a new year is oftentimes a time for reflection and new directions... decluttering our lives to make a fresh start. In our new series *Declutter*, we examine how we can create more margin in our lives by eliminating the clutter to make room for what matters most.

Discussion

1. **Read Mark 10:17-22.** How does Jesus ask the man to declutter his life? Is this request about possessions themselves or something more? How do those words apply to us today?
2. **Read Matthew 6:9-13.** Recently we reflected upon the Lord's Prayer. How does "give us this day our daily bread" parallel the story of the rich ruler and decluttering?
3. "When we really delve into the reasons for why we can't let something go, there are only two: an attachment to the past or a fear for the future." [Marie Kondo] Do you agree with this thought? What are you are struggling to let go of? Is it physical stuff or emotional baggage? Do you need to let go of the past or place more trust in God as you look to the future?

Think About It

Marie Kondo has built her life upon organization. At a young age, she was fascinated by organization and at nineteen opened a business. In just over ten years, her business consults globally and is internationally known for her best-selling book *The Life-Changing Magic of Tidying Up*. Her method is quite simple. For each item you own, you pose the simple question, "Does it bring me joy?" Items to which the answer is "no" are thanked for their service and discarded. It seems almost too simple, but as we look at what takes up space in our lives, such a simple question speaks to the heart of creating margin.

Do Something

1. Declutter! Find a room, a shelf, a cupboard and clean it! As you do, consider the impact of eliminating clutter in your soul.
2. What is cluttering your soul? In prayer, ask God to reveal to you what has been placed upon your soul that He never intended you to carry. Be ready to hear God's voice.
3. Journal about what God revealed to you in the question above. Be it sin clutter, past pain clutter or fear and shame clutter, make a plan to eliminate it from your life.