



Need to declutter your life?



IMAGINE THERE WAS A FIRE IN YOUR HOUSE AND YOU COULD ONLY SAVE 3 ITEMS (ASSUMING EVERY PERSON IS SAFE!) WHAT WOULD YOU SAVE AND WHY?

1
2
3

ANSWER THE FOLLOWING QUESTIONS ABOUT YOURSELF

- Do you struggle to keep your bedroom tidy?
- Do you struggle to find things because they're usually buried under layers!
- Do you like keeping mementoes of special occasions.
- Do you like people borrowing your stuff or do you worry you'll never get it back?



DID YOU KNOW THAT STUDIES PROVE THAT THOSE WHOSE BEDROOMS ARE UNCLUTTERED SLEEP BETTER, AND THOSE WHOSE OFFICES ARE UNCLUTTERED SEEM TO BE MORE PRODUCTIVE? WHY DO YOU THINK THAT IS?



PICTURE THIS: YOU'RE AWAY FROM HOME FOR THE DAY AND YOU REALISE YOU FORGOT TO BRING YOUR PHONE. ON A SCALE OF 1 - 10, HOW ANXIOUS DO YOU FEEL WITHOUT YOUR PHONE AT YOUR FINGERTIPS?



1

2

3

4

5

6

7

8

9

10

Doesn't bother me at all!

Panicking without it!



Now read Mark 6:7-13

What do you think this Gospel can teach us about detachment?



Put yourself in the shoes (or sandals!) of the disciples. How do you think you would feel, being told to take nothing with you, and rely totally on God to provide for your needs?



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WATCH FR MIKE SCHMITZ' VIDEO: LEARNING DETACHMENT FROM YOUR STUFF

How does Fr Mike describe the vow of simplicity he took when ordained? How is it different to a vow of poverty?

"Some things we own end up owning us." What do you think this means? Discuss

Be honest with yourself. What "stuff" do you think you are most attached to? What has a hold of your heart?

Can you think of anything you're holding onto "just in case" (not because you need it or want it?)

Some decluttering mantras will tell you to ask "Does this spark joy?" when you look at an object. What three questions does Fr Mike suggest we should ask as Christians?

1 _____

2 _____

3 _____



PUT SOME TIME ASIDE TO REFLECT ON THE "STUFF" IN YOUR LIFE & HONESTLY QUESTION ITS PURPOSE:

- DO I NEED THIS? DO I WANT THIS? AM I HOLDING ONTO THIS "JUST IN CASE" ...?
- TASK: THIS WEEK, TACKLE YOUR CLUTTER! START SMALL IF YOU HAVE TO, BUT START.
- WHAT "STUFF" IS KEEPING YOU FROM BEING FREE FOR YOU, AND FREE TO BE ABLE TO BLESS OTHERS?

Pray before you begin: Lord, guide my actions and thoughts today. Grant me the vision to see the value in what I need to keep and how to use it for you, the generosity to see what to give away and bless others, and the wisdom to know what to throw away and be free of. All for your glory. Amen!



CREATE A PLAYLIST TO LISTEN TO AS YOU SIMPLIFY YOUR LIFE AND DECLUTTER!



- [Simplicity \(Rend Collective\)](#)
- [Gratitude \(Nicole Nordeman\)](#)
- [All Things New \(Hillsong\)](#)
- [Everything \(Tim Hughes\)](#)
- [To God be the Glory \(Worship Central\)](#)
- [Better \(Pat Barrett\)](#)
- [Everything \(Lauren Daigle\)](#)
- [One Thing \(Hillsong\)](#)

Click the links for the YouTube videos to listen to some suggestions!

