



NEED TO DECLUTTER YOUR LIFE?



What has a hold of your heart?



QUICKFIRE QUESTION!

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

Delighted to be free of it!

Total panic mode!



WATCH FR MIKE SCHMITZ' VIDEO: "LEARNING DETACHMENT FROM YOUR STUFF" AND REFLECT ON THE QUESTIONS THAT FOLLOW.



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?)

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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



Have you ever realised you've left your phone at home and you won't be back for hours? (Mild panic set in, or separation anxiety? :) We have so many good things in our lives, but it's important to not become so attached to them that they begin to own us. We can enjoy material possessions while still being detached from them, or not amassing large amounts of possessions, letting them clutter up our rooms or more importantly, our hearts.

In today's Gospel, Jesus calls the Rich Young Man to higher. He asks him to give everything away to follow Him, and the young man just can't do it and walks away sadly. Maybe we're not called to a radical way of life that requires us to give everything away, but what are we willing to let go of as a follower of Christ?

There are so many books and vlogs out there about decluttering your life, living a minimalist life. Some studies say that people sleep better in decluttered rooms, and work better in clutter-free offices. Maybe the Lord is calling you to declutter, not just to create physical space, but to create heart-space for Him and for others too. Ask yourself about the possessions you own: "What does God want me to do with this? Does He want me to keep it and use it; to give it to someone else and bless them with it; or to throw it away and be free of it?" Watch Fr Mike Schmitz's video below and then set yourself a task this week of tackling some of your stuff - question the purpose for it in your life and how you can use it glorify God and serve others!



READ: MARK 10: 17-30



MISSION!

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?



PRAYER TIME!

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)*
- *To God be the Glory (Worship Central)*
- *Gratitude (Nicole Nordeman)*
- *Better (Pat Barrett)*
- *All Things New (Hillsong)*
- *Everything (Lauren Daigle)*
- *Everything (Tim Hughes)*
- *One Thing (Hillsong)*



Fr Mark Mary CFR: **To Have Jesus, Let Go of Everything Else**