



DE-CLUTTER

YOUR

Space

CHALLENGE

— *Sojo* ACADEMY —

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De-clutter Your Space

7-DAY BIBLE READING PLAN

Day One Matthew 6:19-21

Day Two Mark 4:19

Day Three Matthew 16:26

Day Four Matthew 6:31-34

Day Five Luke 12:15

Day Six I John 2:15-17

Day Seven I Timothy 6:6-8

BONUS: Isaiah 58:6-7

Introduction:

Stuff. It seems many of us are drowning in it. My mom told me growing up that a cluttered environment leads to a cluttered mind and I do believe it's true. Take for example an overstuffed closet, jammed full of clothes. While we would think a full closet is a good thing because it ensures we always have something to wear, it could, in fact be a source of frustration.

That closet full of clothes can produce decision fatigue, the result of having too many choices to make. This demand on our mental energy wears us down, energy that could be better spent on other decisions with more significant stakes than what to put on one's body.

Another problem with stuff is that the more we have, the more we need- we end up needing stuff to store stuff and more stuff to upkeep and repair stuff. As we all know, there is literally no end to stuff!

The biggest trouble, however, is when stuff interferes with our life mission to love and serve God. We need wisdom to recognize when stuff is crowding out our priorities, consuming too much of our resources (time, financial, emotional, etc), or choking out our fruitfulness (see Mark 4:19).

During this mini-challenge, we're going to de-clutter one of our common "spaces." Our goal is to help you see "stuff" as an asset in your life, a tool that assists you in serving God and others. Stuff that doesn't serve you and your greatest purposes is stuff that needs to go! We hope this process will inspire and motivate you to keep going and that your possessions serve you well all the days of your life.

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The Great Closet De-Clutter Challenge

We visit our closets every single day and if you're like me, your closet serves as a storage area for more than just clothes ☺ Because it can be a real problem area... and because the closet can induce heart palpitations and the release of stress hormones (you think I'm kidding?) on a daily basis... we're going to start here.

But before we go there, let's take a look at what Scripture says. Our premise for cleaning out the clutter during this challenge comes from I Corinthians 6:12 which says,

***"Everything is permissible for me, but not all things are beneficial. Everything is permissible for me, but I will not be enslaved by anything [and brought under its power, allowing it to control me]."* (AMP)**

While physical possessions may be morally neutral, we want them to be beneficial to us... not a master over us.

Take a look at each of these passages and answer the following questions for each one:

Ref.	How can possessions be a blessing?	A curse?
Matthew 6:19-21		

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Mark 4:19		
Matthew 16:26		
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Ref.	How can possessions be a blessing?	A curse?
Isaiah 58:6-7		
1 Corinthians 6:12		

De-cluttering Steps

1. To begin your closet de-clutter, take a "before" photo. Trust us, you'll feel so proud of yourself when you compare your before and after so take just a sec to snap that before pic.
2. Decide on how you're going to dispose of discarded items. Will you donate them? If so, where? Go ahead and plan your trip. Will you trash them? Will you sell them? Plan the details for getting rid of your clean out items. Do yourself a favor and make those choices now while you're fresh. Gather up trash bags, labels, sharpies, and anything else you might need for tagging and bagging your items.
3. Now go take a look at your closet. As you observe what's before you, ask what your ideal closet would look like? How can your closet serve you and help you fulfill God's plans and purposes for your life? What needs to be in your closet? What doesn't? What things in your closet cause turmoil? If you've never thought about this before, take your time with it! You may even want to jot down some notes. Ask yourself what needs to happen in your closet for that to happen?
4. Take everything out of your closet. Yes, everything! Pile your clothes on the bed and clean out any trash as you take stuff out. Sort and group like items together as you take things out (papers with papers, shoes with shoes, etc). Set a timer for this part so that you don't get sidetracked.

You're not cleaning yet, you're simply getting everything out in the open.

5. Purge! Starting with your clothes, look at each piece and ask yourself if it contribute to your ideal closet or simply add clutter? Do you wear it (or have you worn it in the past year?) Do you like it? Do you feel good/confident in it? Does it fit? Do you have the other pieces necessary to complete the outfit? If your answers aren't satisfactory, purge it girl! Once again, set a timer so that you move as quickly as possible through this process.
6. Next, go through the same process with your shoes, belts, bags, scarves, etc.
7. Complete the same process with any other items remaining. For anything that doesn't belong in your closet at all (hello paper piles!) take them to their appropriate places. You can tackle those areas later.
8. Put everything you decided to keep back in your closet and organize it according to that "ideal closet" you imagined earlier. For example, you may want to organize clothes by season or by color, or store extra sheets in suitcases. Try to organize your closet with items you already have, rather than purchasing additional items (such as containers).

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De-Clutter Checklist

Take a "before" photo of your closet.

Decide on how you're going to dispose of discarded items: I plan to...

Take a look at your closet. What does your ideal closet look like?

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Take everything out of your closet. Pile clothes on the bed, clean out trash, sort and group like items together

Purge! Starting with your clothes, look at each piece and ask yourself if it contributes to your ideal closet or simply adds clutter.

Next, go through the same process with your shoes, belts, bags, scarves, etc.

Complete the same process with any other items remaining. Return misplaced items to their proper home.

Replace closet items and organize your items.

Take an "after" photo of your closet.

