



Let's talk about

Clutter

By Barrington H. Brennen



Clutter: "things lying about untidily"

Clutter is best described as "a confused or disordered state or collection; a jumble"

Clutter: *Words*



Chaos

Confusedness

Confusion

Disarrangement

Disarray

Disorder

Disorderliness Disorganization

Jumble

Mess

Mixed-up

Topsy-turviness



Ecclesiastes 3:6 *NLT*

"A time to search
and a time to quit
searching. A time to
keep and a time to
throw away."

How do I know if I am a clutterer?

Twenty questions

- Do you have more possessions or items in your life than you can handle comfortably?
- Do you find it difficult to dispose of many things, even those you haven't used in years?
- Do you rent storage space to house items you never use?
- Do you spend time looking for things that are hard to find because of all the clutter?
- Do you find it easier to drop something than to put it away, or to wedge an object into an overcrowded drawer or closet rather than find space for it?

How do I know if I am a clutterer?

Twenty questions

- Do you collect things to give to others?
- Do you bring things into your house without establishing a place for them?
- Is your clutter causing problems in your relationships?
- Are you embarrassed to have visitors because your home is never presentable?
- Do you hesitate sharing about this problem because you are ashamed of your cluttering?
- Are you constantly doing for others while your own home is out of order?

How do I know if I am a clutterer?

Twenty questions

- Do you miss deadlines or abandon projects because you can't find the paperwork or material to finish the work?
- Have you tried to clean up from time to time but find yourself unable to stick with it?
- Does the problem appear to be growing?
- Do you sometimes get buried in details, making projects take much longer than is really necessary?

How do I know if I am a clutterer?

Twenty questions

- Do you procrastinate about cleaning up because you believe you must do it perfectly or you won't do it at all?
- Are you easily side-tracked, moving from one project to another without finishing any of them?
- Do you have problems with time management and estimating how long it takes to do things?
- Do you believe there is all the time in the world to clean your house, finish those projects, and read all those piles of old magazines?
- Do you use distractions to escape from your clutter?



Are you a clutterer?

The Clutter Doctor



Donna Cameron, PhD
Baltimore

www.theclutterdoc.com

Emotional and Spiritual Clutter

Jodie Foster



"Emotional clutter is a form of interference. When a river is blocked with trees, logs, bushes, etc. the water doesn't flow easily. The river begins to stagnate. Do you feel that your life is so difficult? Like it is stuck?"

Here are five things to do to eliminate emotional clutter:

- 1. Sorting
- 2. Awareness
- 3. Intention
- 4. Choice
- 5. Action

The worse kind of clutter is spiritual clutter.

Spiritual clutter is the cultivating of habits and negative behavior that block out our vision of Jesus. It also includes the difficulty or inability to forgive, not letting go of past grievances, bitterness, and resentments. It is the holding on to resentment, hatred, prejudice, malice.

Ephesians 4:30-31, 5:1-5

³⁰ And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

Ephesians 4:30-31, 5:1-5

Imitate God, therefore, in everything you do, because you are his dear children. ² Live a life filled with love, following the example of Christ. He loved us^[a] and offered himself as a sacrifice for us, a pleasing aroma to God.

³ Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God's people.

James 1:20, 21

Ephesians 4:30-31, 5:1-5

Obscene stories, foolish talk, and coarse jokes – these are not for you. Instead, let there be thankfulness to God. ⁵ You can be sure that no immoral, impure, or greedy person will inherit the Kingdom of Christ and of God. For a greedy person is an idolater, worshiping the things of this world.

James 1:20, 21

²⁰ Human anger does not produce the righteousness God desires.

21 So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.

How Do You Know that Your Life is Spiritually Cluttered?

- Your prayers are shallow. There are lots of clichés and platitudes.
- Your personal devotions, if any, are shallow and routine.
- You come late to church and you're quick to leave.
- You are quick to get angry, judge others, and criticize.
- You dress for show when you come to church.
- You are ashamed to be seen with your Bible in public.

The Twelves Steps
of Clutterers
Anonymous

The Twelves Steps of Clutterers Anonymous

1. Admit we were **powerless** over clutter --that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. **Made a decision** to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

The Twelves Steps of Clutterers Anonymous

6. Were entirely ready to have God remove all these defects of character.
7. **Humbly asked God** to remove our shortcomings.
8. **Made a list** of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

The Twelves Steps of Clutterers Anonymous

10. Continued to take **personal inventory** and when we were wrong, promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for the knowledge of God's will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Hebrews 12:1, 2

Let us strip off every weight that slows us down, especially the sin that so easily trips us up.

New Living Translation

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