



**FOUR
WEEK**

renewed spirit

transformed home

**DECLUTTERING
DEVOTIONAL**



HEAVENLY FATHER,

YOU KNOW WE LIVE IN A WORLD THAT OFTEN
VALUES POSSESSIONS. HOMES FILLED WITH
THINGS THAT WE ONCE DESIRED ONLY TO BE
SET ASIDE AFTER THE INITIAL EXCITEMENT
WORE OFF. IN THE SAME WAY, OUR HEARTS
ARE FILLED WITH THINGS WE DO NOT NEED.
THINGS THAT ONLY SERVE AS DISTRACTION.
PLEASE HELP US TO DECLUTTER BOTH OUR
HOMES AND OUR HEARTS SO WE MAY RENEW
OUR SPIRIT IN YOUR GOODNESS AND LOVE AS
WE ALSO TRANSFORM OUR HOMES TO BE
PEACEFUL AND FREE OF UNNECESSARY
FILLERS. THANK YOU FOR YOUR PROVISIONS
AND FOR YOUR GUIDANCE. THANK YOU FOR
YOUR DAILY GRACE AND LOVE.

AMEN.

HOW TO USE THIS DECLUTTERING DEVOTIONAL:

EACH WEEK WILL HAVE A FOCUS AREA WITH A DAILY TASK AND PRAYER REFLECTION ALONG WITH A WEEKLY COLORING PAGE AND REFLECTION PAGE. IT IS IMPORTANT THAT YOU FOCUS ON DECLUTTERING FIRST AND THEN CLEANING. IF YOU TRY TO DO BOTH AT THE SAME TIME YOU CAN EASILY GET BURNT OUT OR OVERWHELMED. IF YOU HAVE TO TAKE A BREAK AFTER DECLUTTERING TO COME BACK AND CLEAN, THAT IS OKAY TOO!

GIVE YOURSELF GRACE. THERE IS NO RUSH TO COMPLETE THIS IN 4 CONSECUTIVE CALENDAR WEEKS. GO AT YOUR OWN PACE AND TAKE YOUR TIME. ASK GOD FOR HIS STRENGTH AND MOTIVATION AND ALSO HIS GENTLE NUDGE WHEN YOU NEED REST.

BONUS TIP: TAKE NOTES OR PHOTOS AS YOU GO TO ENCOURAGE YOURSELF AND BE ABLE TO LOOK BACK AND SEE HOW MUCH YOU HAVE DONE.

WEEK 1: ENTRYWAY & LIVING SPACES

☐ DAY 1

DECLUTTER FRONT PORCH/ENTRYWAY DECOR. SWEEP. PACK AWAY OR TOSS ANY OUT OF SEASON CLUTTER.

☐ DAY 2

CLEAR SHOES, COATS, HATS, BAGS AND OTHER ENTRYWAY ACCESSORIES THAT YOU ARE NOT USING WEEKLY. GET RID OF ANYTHING THAT DOESN'T FIT OR YOU DON'T WANT ANYMORE.

☐ DAY 3

DECLUTTER AND WIPE DOWN OR DUST ALL SURFACES, SHELVING OR COFFEE TABLE IN LIVING ROOM.

☐ DAY 4

VACUUM ANY CARPETS OR RUGS, WASH ANY THROW BLANKETS, PILLOW CASES OR COUCH COVERS, FLUFF CUSHIONS AND PILLOWS, VACCUUM/LINT ROLL SOFAR OR CHAIRS.

☐ DAY 5

CLEAR OUT MAGAZINES, MAIL, BILLS AND OTHER PAPER CLUTTER FROM ENTRYWAY AND LIVING SPACES. CREATE A PLACE FOR INCOMING MAIL AND A PLACE TO FILE IMPORTANT PAPERWORK.

☐ DAY 6

WIPE DOWN WINDOWS, BASEBOARDS, WALLS. DISINFECT DOORKNOBS AND OTHER FREQUENTLY HANDLED AREAS.

☐ DAY 7

REST & REFLECT.

WEEK 1: ENTRYWAY & LIVING SPACES

REFLECTION

THIS WEEK, WE TURNED OUR ATTENTION TO TWO
IMPORTANT SPACES.

THE FIRST WAS THE ENTRYWAY, THE PLACE WHERE WE
COME AND GO AND WHERE WE WELCOME OTHERS IN.

TAKE A MOMENT TO REFLECT ON HOW IT FEELS TO
STEP INTO A TIDY, CLUTTER-FREE ENTRYWAY, BOTH
OUTDOORS AND INSIDE. THINK ABOUT THE IMPRESSION
YOUR FRONT DOOR GIVES, NOT ONLY TO VISITORS BUT
EVEN TO THOSE WHO SIMPLY PASS BY. IN THE SAME
WAY, CONSIDER HOW YOUR OUTWARD QUALITIES (YOUR
SMILE, YOUR POSTURE, YOUR WORDS, AND YOUR
PRESENCE) REFLECT THE ONE WHO CREATED YOU. ASK
GOD TO CLEAR AWAY THE CLUTTER IN YOUR MIND AND
HEART SO THAT YOU MAY BE TRULY WELCOMING AND
SHINE WITH HIS PURE, LOVING SPIRIT.

WE ALSO FOCUSED ON THE LIVING AREA, A PLACE
WHERE WE GATHER, UNWIND, AND RETREAT.

EVERYTHING THAT FILLS THIS SPACE, THE
CONVERSATIONS WE HAVE, THE BOOKS WE READ, THE
SHOWS WE WATCH, THE GAMES WE PLAY, CAN EITHER
REFRESH OUR SPIRIT OR WEIGH IT DOWN WITH
CLUTTER. INVITE GOD TO HELP YOU DISCERN WHAT
BELONGS AND WHAT DOES NOT. ASK HIM TO GUIDE YOU
IN REMOVING ANYTHING IN THIS SPACE THAT HARMS
YOUR SPIRIT OR DISHONORS HIM, MAKING ROOM
INSTEAD FOR PEACE, JOY, AND HIS PRESENCE.



WEEK 2: KITCHEN AND DINING

☐ DAY 1

CLEAN OUT FRIDGE AND FREEZER OF ANY OLD, EXPIRED, UNUSABLE ITEMS. WIPE DOWN ANY SPILLS OR FOOD MESSSES. PUT FOOD BACK IN ZONES WITH LIKE ITEMS TOGETHER.

☐ DAY 2

CLEAR EXPIRED FOOD ITEMS FROM CABINETS AND PANTRY. VACUUM ANY CRUMBS OR DUST. WIPE DOWN AND THEN ORGANIZE ITEMS TO BE FUNCTIONAL FOR YOU.

☐ DAY 3

THROW OUT ANY DISHES OR UTENSILS THAT ARE WORN OR BROKEN. THIS MAY BE STAINED PLASTIC CONTAINERS, LIDS WITH NO MATCHING BOTTOM, CRACKED OR CHIPPED ITEMS, ETC.

☐ DAY 4

CLEAN ANY REMAINING DRAWERS OR CABINETS. ORGANIZE ACCORDING TO FUNCTION. CLEAN UNDER KITCHEN SINK.

☐ DAY 5

DEEP CLEAN KITCHEN SINK, DISHWASHER AND SURFACES. WIPE DOWN WALLS AND BASEBOARDS. MOP FLOOR.

☐ DAY 6

CLEAR OFF DINING TABLE AND OTHER SURFACES FROM ANY CLUTTER. WIPE TABLE AND CHAIRS DOWN. MOP FLOOR. WIPE DOWN WALLS AND BASEBOARDS.

☐ DAY 7

REST & REFLECT.

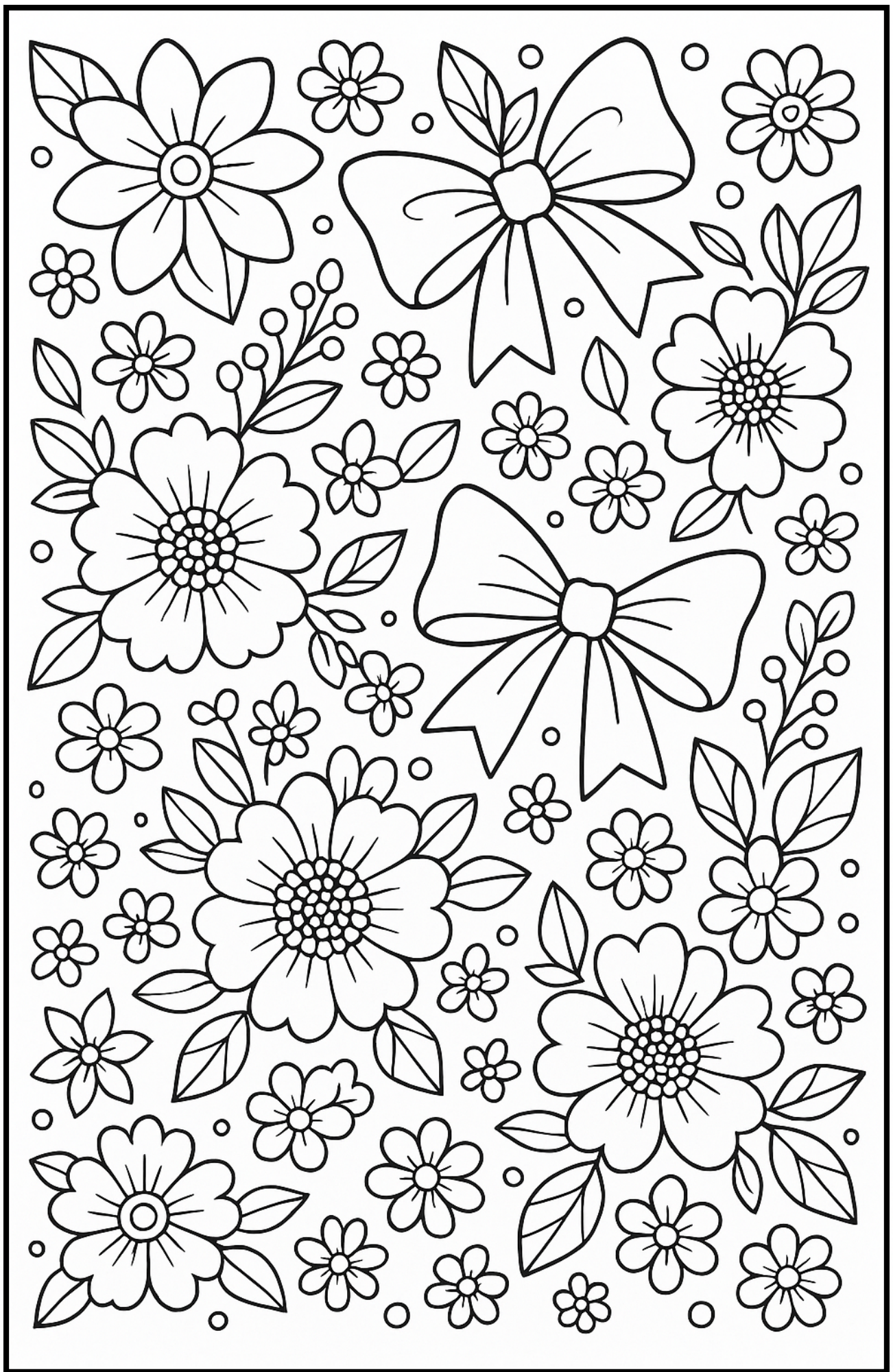
WEEK 2: KITCHEN AND DINING

REFLECTION

THIS WEEK, WE TURN OUR ATTENTION TO THE KITCHEN AND DINING AREAS, TWO SPACES THAT HOLD DEEP MEANING IN OUR DAILY LIVES.

THE KITCHEN IS WHERE WE PREPARE AND RECEIVE NOURISHMENT. JUST AS FOOD SUSTAINS OUR BODIES, WHAT WE ALLOW INTO OUR HEARTS AND MINDS NOURISHES OUR SOULS. TAKE A MOMENT TO REFLECT ON THE PHYSICAL AND SPIRITUAL "INGREDIENTS" YOU ARE BRINGING INTO YOUR LIFE. ARE THEY STRENGTHENING YOU, OR LEAVING YOU EMPTY AND RESTLESS? ASK GOD TO HELP YOU CLEAR AWAY ANYTHING IN THIS SPACE THAT DOES NOT BRING TRUE NOURISHMENT...WHETHER IT'S UNHEALTHY HABITS, HURRIED DISTRACTIONS, OR SPIRITUAL CLUTTER SO THAT WHAT REMAINS WILL HONOR HIM AND SUSTAIN YOU FULLY.

THE DINING ROOM IS WHERE WE GATHER WITH OTHERS, SHARE MEALS, AND STRENGTHEN BONDS OF FAMILY AND FELLOWSHIP. THIS SPACE IS ABOUT MORE THAN FOOD...IT IS ABOUT CONNECTION, CONVERSATION, AND COMMUNITY. THINK ABOUT THE WORDS SPOKEN AT YOUR TABLE, THE ATMOSPHERE YOU CREATE, AND THE SPIRIT OF WELCOME YOU EXTEND, THE FAMILY BONDING YOU FOSTER. ASK GOD TO HELP YOU DECLUTTER THIS SPACE OF ANYTHING THAT HINDERS TRUE FELLOWSHIP, WHETHER IT BE TENSION, DISTRACTIONS, OR UNGRATEFULNESS, AND REPLACE IT WITH JOY, GRATITUDE, AND LOVE.



WEEK 3: BEDROOMS & CLOSETS

☐ DAY 1

PACK UP ALL OUT OF SEASON CLOTHING OR CLOTHING THAT IS NO LONGER WORN. DONATE OR STORE.

☐ DAY 2

GATHER ALL DIRTY CLOTHES AND BRING TO LAUNDRY. PUT AWAY ANY CLEAN CLOTHES NEEDED.

☐ DAY 3

CLEAR ALL BEDROOM NIGHTSTANDS AND DRESSERS OF CLUTTER. ORGANIZE ACCORDING TO FUNCTION.

☐ DAY 4

STRIP AND WASH ALL BEDDING. FLUFF PILLOWS. CLEAN UNDER BEDS.

☐ DAY 5

DECLUTTER CLOSETS AND ANY REMAINING SPACES.

☐ DAY 6

WIPE DOWN WALLS AND BASEBOARDS. VACUUM. MOP IF APPLICABLE.

☐ DAY 7

REST & REFLECT.

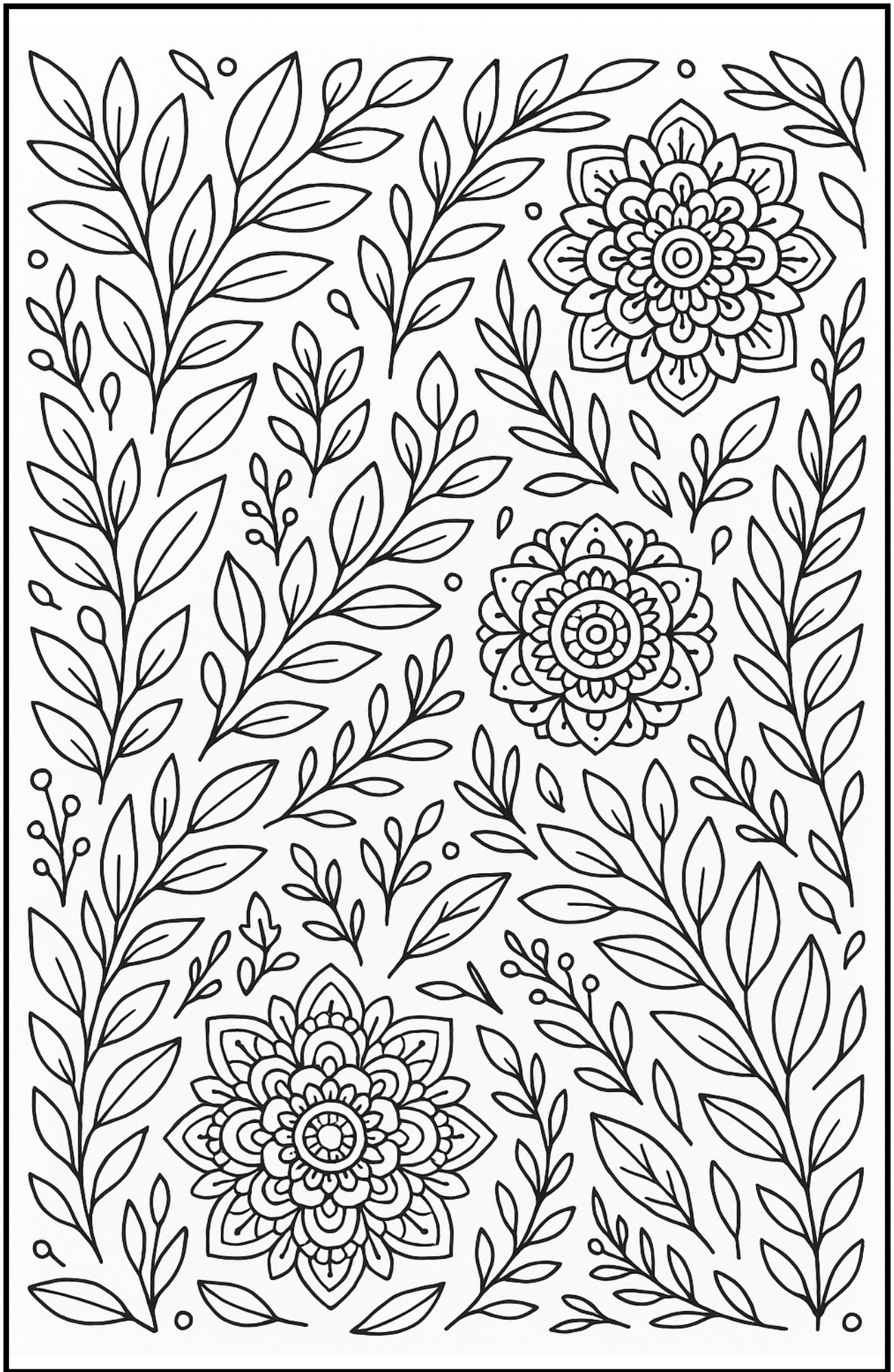
WEEK 3: BEDROOMS & CLOSETS

REFLECTION

THIS WEEK, WE FOCUS ON THE BEDROOM AND CLOSET. THESE TWO SPACES ARE CLOSELY TIED TO REST AND RENEWAL.

THE BEDROOM IS MEANT TO BE A PLACE OF PEACE, A SPACE WHERE OUR BODIES AND MINDS CAN FIND REST. YET OFTEN, CLUTTER (BOTH PHYSICAL AND SPIRITUAL) CREEPS IN AND DISRUPTS THAT CALM. REFLECT ON WHETHER YOUR BEDROOM FEELS LIKE A SANCTUARY OR A SOURCE OF STRESS. ASK GOD TO HELP YOU REMOVE ANYTHING THAT STEALS YOUR REST OR WEIGHS DOWN YOUR SPIRIT. INVITE HIM TO FILL THIS SPACE WITH HIS PRESENCE SO THAT IT BECOMES A PLACE WHERE YOU CAN TRULY LAY YOUR BURDENS DOWN AND EXPERIENCE HIS PEACE.

THE CLOSET IS A PLACE WHERE WE STORE WHAT WE CARRY WITH US. SPIRITUALLY, IT CAN REMIND US OF THE THINGS WE HOLD ONTO THAT NO LONGER SERVE US LIKE OLD HABITS, UNHEALTHY ATTACHMENTS, OR EVEN SELF DOUBT. TAKE TIME TO REFLECT ON WHAT IS HANGING IN THE "CLOSETS" OF YOUR LIFE. ARE THERE THINGS YOU'VE BEEN KEEPING THAT HINDER YOUR WALK WITH GOD OR NO LONGER BELONG IN YOUR JOURNEY? ASK HIM TO GIVE YOU THE COURAGE TO LET GO OF WHAT HAS NO PLACE IN YOUR LIFE, MAKING ROOM FOR WHAT BRINGS YOU CLOSER TO HIM.



WEEK 4: BATHROOM AND BONUS SPACES

☐ DAY 1

THROW OUT ANY EXPIRED OR NO LONGER USED TOILETRIES OR MEDICATIONS. CLEAR OUT ANY HALL CLOSETS OF ITEMS YOU CAN TOSS OR DONATE.

☐ DAY 2

DECLUTTER ANY EMPTY BOTTLES. GATHER ANY TOWELS OR WASHCLOTHS TO BE WASHED. WASH SHOWER CURTAIN (IF FABRIC) AND BATH MAT. WASH BATHTUB/SHOWER.

☐ DAY 3

DECLUTTER BATHROOM DRAWERS AND CABINETS. CLEAN OUT UNDER SINK. CHECK FOR WATER SPOTS OR DAMAGE. ORGANIZE ITEMS THAT ARE LEFT.

☐ DAY 4

DEEP CLEAN TOILET, SINK AND COUNTERTOPS. MOP FLOORS. WIPE DOWN WALLS AND BASEBOARDS.

☐ DAY 5

WIPE DOWN WALLS AND BASEBOARDS OF HALLWAYS AND ANY EXTRA ROOMS.

☐ DAY 6

PICK ONE BONUS AREA (GARAGE, YARD, CRAFT ROOM, ETC) AND DECLUTTER, WIPE DOWN BASEBOARDS AND WALLS, VACCUM/MOP.

☐ DAY 7

REST & REFLECT.

WEEK 4: BATHROOM AND BONUS SPACES

REFLECTION

THIS WEEK, WE TURN OUR THOUGHTS TO THE BATHROOM AND THE BONUS SPACES IN OUR HOMES.

THE BATHROOM IS WHERE WE WASH, REFRESH, AND PREPARE OURSELVES FOR THE DAY. SPIRITUALLY, IT REMINDS US OF THE CLEANSING WORK GOD DOES IN OUR HEARTS. JUST AS WE WASH AWAY DIRT AND IMPURITIES, WE CAN ASK GOD TO WASH AWAY THE THINGS THAT CLING TO US: WORRY, GUILT, RESENTMENT, OR FEAR. ASK HIM TO CLEANSE YOU OF ANY IMPURE THOUGHTS.

REFLECT ON HOW YOU CAN MAKE THIS SPACE A REMINDER OF HIS RENEWAL, KEEPING IT SIMPLE, CLEAN, AND PEACEFUL AS A SYMBOL OF HIS DAILY GRACE.

THE BONUS SPACES OF OUR HOMES LIKE HALLWAYS, OFFICES, YARDS, GARAGES, AND STORAGE AREAS MAY NOT ALWAYS RECEIVE THE SAME ATTENTION AS THE MAIN ROOMS, YET THEY OFTEN PLAY AN IMPORTANT ROLE. HALLWAYS CONNECT OUR STEPS, OFFICES HOLD OUR WORK, YARDS REFLECT WHAT WE CULTIVATE, AND GARAGES OR STORAGE AREAS CONTAIN WHAT WE CARRY OR SET ASIDE. SPIRITUALLY, THESE SPACES REMIND US OF THE IN-BETWEEN MOMENTS, THE RESPONSIBILITIES, THE GROWTH, AND EVEN THE BAGGAGE WE HOLD ONTO.

ASK GOD TO HELP YOU SEE HIS PRESENCE IN THESE OFTEN OVERLOOKED PLACES AND TO RELEASE WHAT WEIGHS YOU DOWN SO THAT EVERY CORNER OF YOUR HOME REFLECTS HIS PEACE AND PURPOSE.

