

Declutter Exercise

Simplicity is a discipline diametrically opposed to our current culture, which is incredibly fast-paced and consumer focused. It is not solely related to our possessions, but as Jesus said, “For where your treasure is, there your heart will be also.” (Matthew 6:21). As we know, our possessions can distract us from what’s most important, and even at times become idols we value over the kingdom of God.

This exercise is meant to help you put your possessions into perspective and remember what is valuable in the kingdom of God instead of what is valued by the world.

As always, this is a means to an end – immersing yourself in the gospel and reorienting your heart to love God with everything you have. Try doing this with your small group or a friend, then discuss how you felt, what was difficult about it, and why you think that is.

Entry Level:

Take a box or bag to each room in your house and try to get rid of 10 things. Some things may need to be thrown away, some may need to be given away, and others may need to be sold.

Reach Level:

Purge your possessions by getting rid of 1 thing for every numbered day of the month. Start at the beginning of the month by giving away, getting rid of, or selling 1 item. On the second day get rid of 2 items. On the third day get rid of 3 items. And so on and so forth until the end of the month. Hint: this will require a significant amount of time once you get to the higher days of the month, so make sure to plan ahead.

Write down your reflections:
