



Bibles & Bows

March 3, 2023

Spring Cleaning for the Soul

Does anyone really look forward to Spring Cleaning? The musty smell of winter is caught up in your house and with the first budding of spring it is time to open all the windows and air out the house. Sometimes I think that would be a good plan for our soul, too. It seems with all the hustle and bustle of the day many times we get stagnant and need a good airing out. Then, we roll up our sleeves and do some serious cleaning.

Let's Look At A Few Areas of Your Soul That We might start with.

✓Clean Out the Cobwebs Of Negative Thinking?

How is your thought life? Is it a jumbled-up mess of negative thinking? Are you stuck in the fear and what-ifs of life? Negative thoughts will keep you stuck. Become aware of what you really are thinking about. Dwell on the positive! Positive thinking will build-up every aspect of your life!

✓Clean Up the Talk

Matthew 12:40 For out of the abundance of the heart the mouth speaks. Way too often, our words spill out – cruel, spiteful, and harsh – hurting those around us. Is this what is in your HEART? Is this what you are meditating on? Take care that the words you speak reflect the love of Christ in your heart. Clean up the talk!

✓ Sweep Away Those Unrealistic Expectations

Definition of expectations is = what *you think ought to happen as a result of what you do, you say or you plan.*

Expectations can get us into real trouble. When we expect life to go a certain way and then we are angry and bitter when expectations don't go that way.

"Pie in the sky" unrealistic expectations you plan for yourself and those around you - - can be detrimental to you and relationships.

on the flip side – setting low expectations will limit you in life. **Realistic** is a key word when thinking of expectations.

Ann Voskamp says, "Expectations kill relationships, especially with God."

Don't put limiting expectations on God - Seek God's will and guidance before setting expectations for your life.

✓ Spruce Up and Change Some Habits & Routines

Do you have some habits that need to be changed? Spending time on Facebook instead of interacting with your spouse or kids? Look at your life and choose a bad habit or two and change.

Did you start a new habit at the beginning of the year and now they've fallen by the wayside? Exercise, eating healthier, quiet time, - - pick those good habits back up, dust them off and start over again.

Life gets busy – I get it – but if something has to get pushed to the back burner – what is it?

Is it God, studying His word, attending Bible Study, engaging in worship, ??? Stop, regroup and get back in order.

One of my mother's constant sayings was "You have 24 hours in a day – just like everyone else!" Take up the habits that allow for a day that is organized, prosperous, and self-fulfilling. ALL your relationships will benefit from this action. **There is a difference between hectic and total chaos!**

Hectic – full of activity, movement, and life.

Chaos – is a state of disorder or utter confusion usually brought on by being unprepared or not handling responsibilities in your scope of authority.

Hectic is just living – chaos is avoidable confusion. What are you living in?

✓Get a Clean the filter for you Brain!

Are you constantly on social media and watching mindless TV? Girls, we have to be very careful about this. It looks soooooo innocent but what goes in comes out. Garbage in - garbage out!!!

If you are feasting on Real Housewives, you will be picking up their attitudes and actions. If you are constantly reading about how great someone's life is you will learn to live with a discontented soul.

Are you reading your Bible? Are you reading and listening to things that spur you on to good works. Don't let the enemy suck you in with mindless garbage. Stop and look at your day and think about everything you fill your brain with.

If you don't like what you see – why are you watching???

If you don't like what you hear – why are you listening!

YOU have the remote to your life – you are the one making the decisions!

If you need to clean-up this aspect of your life – YOU are the one in charge!

✓Eliminate the Toxicants in your life!

If you notice we have all different types of cleaners around on the tables. Sometimes when you mix cleaners together you can make a concoction of toxic fumes. A toxicant is defined as - Capable of causing harm, injury or death due to the presence of poison!!!

Realize that in life there are people that are going to mix into our life and make it a toxic relationship. Be smart enough to realize that not everyone that crosses your path in life is for your good. If someone is toxic to you then, get away from them. Regrettable, sometimes these toxic people can be relatives or people you have know for a long time. It doesn't matter! If you keep sustaining a toxic relationship it will make your sick and effect every part of your life. *When God delivers you from evil – don't keep in touch with it!* Clean out the toxicants from your life. This is hard to do – but, sometimes it must be done for survival!

Do not be deceived: bad company ruins good morals. 1 Corinthians 15:33

✓ Say Bye to clutter

A good working definition of *clutter* is anything of little or lesser value that gets in the way of those things that have greater value in our lives.

CLUTTER is not just “stuff” – it’s anything that gets between you and the life you want to be living. Clutter in your physical surroundings will clutter your mind & spirit, thus affecting all aspects of your life. Some things are worthy of treasuring for the rest of our lives, while other things belong in the dumpster. Learn to know which is which!

Jesus reminds us clutter is a threat to our spiritual lives. Jesus knows clutter can be life-threatening. Satan can use clutter in our minds, hearts and relationships to accomplish his objective. He wants us to settle for just getting through, not living intentionally for Christ.

May we all pray the prayer of Psalm 51:10

“Create in me a clean heart, O God; and renew a right spirit in me.”

SPRING *cleaning* for the Soul

