



PART 1—Putting Your House in Order

"In essence, tidying up (our souls) ought to be the act of restoring balance among people, their possessions, and the house they live in." Marie Kondo

"I pray that through the act of tidying (your soul) you will be able to experience the joy and contentment of living surrounded by things you love." Marie Kondo

Two of the Greatest Soul Clutterers.

1. Worry and Distraction

(Jesus said) "Beware! Don't let your hearts be dulled by carousing and drunkenness, and by the worries of this life". Luke 21:34

"If you are the Son of God tell these stones to become bread...If you are the Son of God, throw yourself down...and the angels will lie you up...All this I will give you, if you will bow down and worship me." Matt 4:2-9

"The enemy of the best is not the worst, it is the good". Author Unknown

How To Deal With Worry and Distraction

1. Keep Your Focus on God

"You will seek me and find me when you seek me with all your heart." Jer. 29:13

"By eliminating excess visual information that does not inspire joy, you can make your space much more peaceful and comfortable." Marie Kondo

2. Feed Your Faith

"People shall not live by bread alone, but by every word that comes from the mouth of God...Get our of here Satan...You must worship the Lord your God and serve only Him!" Matt. 4:4 & 10

(Jesus said) "That is why I tell you not to worry about everyday life... Can all your worries add a single moment to your life?...Seek the Kingdom of God above all else and live righteously and God will give you all you need Matt 7:25

**FEED YOUR FAITH AND YOUR
FEARS WILL STARVE TO
DEATH**



**Think
about it**

Either in your small group or on your own, take some time to think about and answer the following questions. Remember it is always good to start this time with prayer.

1. What are the things in your life that distract you in you from God.
2. What do you worry about the most?
3. What does the quote "The enemy of the best is not the worst it's the good" mean to you.
4. Why is it so important to keep our focus on God when we find ourselves distracted and beset by worry?
5. What are the things you do that best feed your faith?
6. What are some things you should be setting aside more time for to feed your faith?

Going Deeper.

Read Matthew 4: 1-11 (the temptation of Jesus). How does Jesus deal with Satan's attempt to distract him from his purpose to bring salvation to the world?

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