

# **“Tidy Up”**

## ***Getting Rid of Junk***

### **What junk is cluttering up your life?**

- *My guilt has overwhelmed me like a burden too heavy to bear. My wounds fester and are loathsome because of my sinful folly. I am bowed down and brought very low; all day long I go about mourning. My back is filled with searing pain; there is no health in my body. I am feeble and utterly crushed; I groan in anguish of heart. (Psalm 38:5-8)*

### **How do you get rid of the junk?**

1. *Prayer*
2. *Confession*
3. *Think about the right things (see Bible passage below)*

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (Philippians 4:8-9)*

### **But most importantly .... Get some expert help!**

*He (Jesus) was wounded and crushed because of our sins; by taking our punishment, he made us completely well. (Isaiah 53:5)*

### **Devotional/Discussion Guide**

- Begin with prayer. If you are in a group, this is important and if you are by yourself, it is equally important. Ask God to guide your time.
- Are you a saver or a keeper? Why? What were your parents? Did this impact you in anyway?
- What about when it comes to spiritual matters? Do the negative things affect you like they did David of the Old Testament? Read from Psalm 68 and think (discuss) how David was affected by his spiritual clutter:
  - *My guilt has overwhelmed me like a burden too heavy to bear. My wounds fester and are loathsome because of my sinful folly. I am bowed down and brought very low; all day long I go about mourning. My back is filled with searing pain; there is no health in my body. I am feeble and utterly crushed; I groan in anguish of heart. (Psalm 38:5-8)*

- When have you felt like David? How did you get through and over it?
- What are some ways we can get rid of the junk in our lives
- Read this words of Paul: *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (Philippians 4:8-9)*
- Why do you think Paul told the Philippians to think like this? Why does it matter?
- How does Jesus get rid of the junk in our lives? How often does He need to come and throw out the junk? What difference has it made?
- Close your time with prayer. Pray not only for yourselves but for the needs of your group, family, this church and school as well please.