

decluttering your soul

Simplify

The Problem With Clutter

“There are tons of things in your home and life that you don't use, need, or even particularly want. They just came into your life as impulsive flotsam and jetsam and never found a good exit. Whether you're aware of it or not, **this clutter creates indecision and distractions...**” **Timothy Ferriss**



Interactions of Top-Down and Bottom-Up Mechanisms in Human Visual Cortex, Princeton Neuroscience

When your environment is cluttered, the chaos restricts your ability to focus. **The clutter also limits your brain's ability to process information.** Clutter makes you distracted and unable to process information as well as you do in an uncluttered, organized, and serene environment.



How Clutter Affects Your Brain, Mikael Cho

But the reality is, you probably made a mistake in buying those things and **it literally hurts your brain** to come to terms with that fact. Researchers at Yale recently identified that **two areas in your brain associated with pain**, the anterior cingulate cortex and insula, light up in response to letting go of items you own and feel a connection towards



Bit Literacy, Michael Hurst

Bits have unique properties, then, that we can use to our advantage: they're super-small, super-fast, easily acquired and created and copied and shared in near-infinite quantity, protected from the ravages of time, and free from the limitations of distance and space. In practice, though, bits reveal several paradoxes: **they're weightless, but they weigh us down**; they don't take up any space, but they always seem to pile up; they're created in an instant, but they can last forever; they move quickly, but they can waste our time.



The consequence of this “cluttered” reality is
that we exist in a fog of too many
commitments and too little time/resources





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FRIENDS

CAREER

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In the midst of this confusion and
'clutter' eventually we ask the
question "Where is God in all this?"



Be still, and know that I am God
Psalm 46:10



Clutter is our life over extended



As we prioritize our schedules, our resources
and our lives, God never seems to make the cut



“The eye is the lamp of the body. If your eyes are **healthy**, your whole body will be full of light.” **Matthew 6:22**

“But if your eyes are **unhealthy**, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!” **vs 23**



αφπλου—Haplous: simple, single, whole, healthy

“The eye is the lamp of the body. If your eyes are **healthy (simple, focused)**, your whole body will be full of light.”

Matthew 6:22



“If anyone comes to me and does not **hate** father and mother, wife and children, brothers and sisters—yes, even their own life—**such a person cannot be my disciple.**” **Luke 14:26**



hate=love less



Large crowds were traveling with Jesus,
and turning to them he said vs 25



Following Jesus is a matter of focus



For our boast is this, the testimony of our conscience, **that we behaved in the world with simplicity (focus)** and godly sincerity, not by earthly wisdom but by the grace of God, and supremely so toward you.

2 Corinthians 1:12



Before we can create space for God
we must take something out



May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13



On the other side of
your clutter, God awaits



Ask and it will be given to you; **seek and you will find**; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. **Matthew 7:7-8**

