



THE MOM CODE

The Uncluttered Soul

Architect of Atmosphere in Our Homes

PART 1: SUBJECT SCRIPTURE

Psalm 23:1

"Yahweh is my shepherd; I shall lack nothing."

Psalm 23:1 (WEB)

Before this psalm ever speaks of green pastures or still waters, it makes one quiet, staggering claim: because Yahweh is my Shepherd, **I lack nothing**. Not "I will get everything I want." Not "my life will finally be tidy." But that in Him, I am already full. An uncluttered soul does not begin with cleaning or stripping away—it begins here, with a Shepherd who has already made me **lack nothing**, so that I no longer have to grasp, hoard, or carry what was never mine to hold.

PART 2: TEACHING

Living Unburdened

The Cluttered Soul: Martha's Kitchen

If anyone understood a cluttered life, it was Martha. Jesus was in her home, and she was doing exactly what mothers do—serving, preparing, making everything right. But Luke says she was **"distracted with much serving,"** worried and troubled, while her sister Mary simply sat at Jesus' feet.

"Martha, Martha, you are anxious and troubled about many things, but one thing is needed. Mary has chosen the good part, which will not be taken away from her."

Luke 10:41-42 (WEB)

Notice that Jesus does not scold her for serving. He gently names what the serving had done to her soul: it had filled her with "many things" until there was no room left for the one thing. This is what clutter does. It is rarely one big intrusion—it is the slow gathering of many small, good things until the soul is crowded and the peace is gone. As mothers, we live in Martha's kitchen. The question is not whether we will serve, but whether our serving will crowd out the very One we are serving for.

The Sticky Soul: Laying Aside the Weights

Some of us carry souls that everything sticks to. A careless comment from three days ago. A comparison with the mother down the road. Yesterday's failure, replayed at midnight. The endless mental load of every list, every worry, every voice. A **sticky soul** lets it all adhere, and then tries to carry it all at once.

"...lay aside every weight and the sin which so easily entangles us, and let us run with patience the race that is set before us."

Hebrews 12:1 (WEB)

The writer doesn't say grit your teeth and carry it better. He says **lay it aside**. And notice—there are weights that are not even sin. Just extra. Just clutter. Just things that slow us and entangle us and were never ours to begin with. Being intentional about what sticks means daily, gently, choosing what we set down. We do not have to let everything adhere to us. We get to choose what we carry into the race.

Too Many Voices: One Shepherd, One Voice

An uncluttered soul also needs an uncluttered ear. We live surrounded by voices—experts, feeds, opinions, and the inner critic that never seems to sleep. They are loud, fast, and endless, and most of them speak straight to our fear: *you're behind, you're not enough, you should be doing more*. When we try to live from all of them at once, our souls are never quiet.

"...Yahweh was not in the wind... not in the earthquake... not in the fire; and after the fire a still small voice."

1 Kings 19:11-12 (WEB)

God was not in the loud, dramatic things. His voice came as a gentle whisper—the kind you can only hear once the noise dies down. Jesus said, **"My sheep hear my voice"** (John 10:27). They can, because they have learned which voice is the Shepherd's. We were never meant to live from every voice. Being uncluttered means choosing, on purpose, which voices we let speak into us—and turning the volume down on the rest, until His gentle voice is the one we actually live from.

Dayenu: The Heart That Has Enough

There is an ancient Hebrew song sung at Passover called **Dayenu**—it means, "it would have been enough." Line by line it remembers what God did, and after each one the people sing: *Dayenu*. If He had only brought us out and done no more—*Dayenu*, it would have been enough. If He had given us only this and not the rest—*Dayenu*. It is a song that trains the heart to see that God's goodness, at every single step, is already **enough**.

So much of our clutter grows from a quiet fear of lack. We grab for more—more control, more security, more reassurance, more stuff—because somewhere underneath we believe we do not yet have enough. But the soul that can say *Dayenu* is finally free. It stops grasping. It can lay things down, quiet the voices, and choose the one thing—because it already lacks nothing.

And here is the golden thread running through it all: an uncluttered soul is not something we achieve by being more disciplined or more minimal. We cannot empty ourselves into peace by sheer effort, and God has never asked us to. We come to the Shepherd who says **"you lack nothing,"** and we let Him be our enough. He empties our hands of what we were clutching and fills them with Himself. The uncluttered soul is not a tidy soul we manufacture—it is a soul so filled with His presence that it overflows in peace, with no room left for the clutter of fear. We do not strive to lack nothing. We rest in the One who has already made it so.

PART 3: PONDER

Reflection Question

Sit with this: What is crowding out the one thing?

Take a few quiet moments—not to judge yourself, but to notice with honesty and grace:

- ✦ What am I carrying right now that He never asked me to carry?
- ✦ Whose voice is loudest in my mind today—and is it His?
- ✦ Where am I living from lack ("I don't have enough, I'm not enough") instead of from "I lack nothing"?
- ✦ What is the "one thing" I keep crowding out with many good things?
- ✦ If I truly believed He was enough today—*Dayenu*—what could I lay down?

This isn't about a perfectly minimal life or an empty calendar. It's about a soul at rest. What is one weight you sense Him gently inviting you to set down this week?

PART 4: PUT IN ACTION

This Week's Practice

The Dayenu Practice

Each day this week, before the rush begins or as it winds down, name one thing God has already given you—and say it out loud: "*Dayenu—this alone would have been enough.*"

Some days it will be your children breathing in the next room. Some days simply His presence with you. You are training your soul to see fullness instead of lack—to live from "**I lack nothing**" rather than "I need more."

The One Voice Practice

Choose one voice to turn down this week—a feed, a comparison, a worry loop, a critic. When it starts up, don't argue with it; simply return to the Shepherd's voice.

Keep Psalm 23:1 somewhere you'll see it often, and let it answer the noise: "*Yahweh is my shepherd; I lack nothing.*" One voice down, one weight off—that is how a soul becomes uncluttered: gently, one day at a time.

Closing Prayer

Yahweh, my Shepherd: *Thank You for loving me—not for how much I carry or how well I hold everything together, but simply because I am Yours. Thank You that with You as my Shepherd, I lack nothing. On the days my soul feels crowded and noisy, when I am anxious and troubled about many things, remind me that You are patient with me, and that You are not asking me to carry it all.*

I confess how easily things stick to me—other voices, old failures, the fear that I am not enough. Gently take them from my hands. Quiet the many voices until Yours is the one I live from. Teach my heart to say Dayenu—that You are enough, that what You give is enough, that I am already full in You.

*I cannot empty myself into peace by trying harder, and You have never asked me to. Fill me with Your Spirit until I overflow, so that peace—not clutter—is what spills into my home. Let my soul be so full of You that there is no room left for fear. You know me, You love me, and You are enough. **Amen.***

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In His Presence Ministry