

Bye, Bye Clutter

SCRIPTURES TO STUDY

- What Did Jesus Do: Luke 5:15-16 NLT
- Dealing With Clutter: Luke 5:16 NLT, Psalm 4:4 ESV, Matthew 14:12-13 AMPC
- Escapism/Decompressing: 1 Corinthians 1-:13-14 NLT
- Jesus KNOWS How You Feel: Hebrews 4:15 AMPC
- God IN You AS You: Philippians 2:13 NKJV

MAIN POINTS, DEFINITIONS & APPLICATION

- If our decluttering doesn't come with new habits, boundaries, standards, mentalities and practices, it's only a matter of time before the clutter returns. The same is true w/ clutter spiritually and mentally!!
- Holy Spirit asked me "you'll make space but will you leave space?"
- In the midst of feeling pressure, chaos, and overwhelm Jesus **OFTEN** withdrew to the wilderness for prayer. He prioritized quiet, alone time with the Father to pray and commune with Him.

• WHAT CAUSES A CLUTTERED MIND?

Cognitive Overload: "Resulting from multitasking and overstimulation, it leads to a cluttered mind and an inability to manage responsibilities effectively. Studies have shown engagement with social media and daily news contributes to this mental clutter, evoking feelings of stress and even depression."

- What are you turning to when you feel overwhelmed or need to decompress? Someone? Something? A substance? or God?
- There is no escape or solution to declutter and get the peace you need outside of God. Check your instincts!

 **I'M NOT A VICTIM TO CHAOS, I HAVE AUTHORITY OVER IT. (Just like Jesus!!!!)**