



HOW TO "SPRING CLEAN" YOUR SPIRIT

While you're cleaning out closets and sweeping under the furniture, think about this: Spring cleaning, while worth the effort, will only last for a season, but spiritual cleansing lasts forever. So don't just dust behind those book shelves, get ready for a spiritual spring cleaning.

1) CLEANSE YOUR HEART - GET SPIRITUALLY HEALTHY: Draw close to God and allow our hearts and bodies to be cleansed. This is the first step in our spring cleaning project. We can't do it ourselves. Instead, we must draw near to God and ask for help cleansing.

2) CLEAN OUT YOUR MOUTH - DEEP CLEAN INSIDE AND OUT:

Spiritual cleansing requires deep cleaning -- it is housekeeping that goes beyond what others see and hear. It's a cleansing from within - inside and out. As your heart gets clean, your language should follow. This is not just talking about bad language, but also negative talk and pessimistic thoughts that contradict the Word of God and faith. This includes the challenge to stop complaining.

3) RENEW YOUR MIND - TAKE OUT THE GARBAGE: This is one of the biggest areas of struggle for most of us -- removing the garbage from our minds. Garbage in equals garbage out. We must feed our minds and spirits the Word of God instead of the garbage of this world.

4) REPENT - CLEAN OUT YOUR SPIRITUAL Closets: Hidden issues will destroy your life, your peace, and even your health. Tell someone, and reach out for help. When your spiritual closets are clean, the heaviness from hiding will lift.

5) RELEASE UNFORGIVENESS AND BITTERNESS - GET RID OF OLD BAGGAGE: Any bad feelings will weigh you down, but long kept grudges and bitterness is like old baggage in the attic you just can't seem to part with. You are so familiar with it, you don't even realize how it is hindering your life.

6) INVOLVE JESUS IN YOUR DAILY LIFE • LET THE 'SON' SHINE IN:

What God wants most from you is relationship - friendship. He wants to be involved in the big and small moments of your life. Open your life, let the light of God's presence shine into every part, and you'll have no need for a yearly spiritual cleaning. Instead experience daily, moment to moment refreshing of your spirit.

7) LEARN TO LAUGH AT YOURSELF AND AT LIFE: Some of us take life too seriously, or we take ourselves too seriously. Jesus wants you to enjoy yourself, and learn to have some fun.

-Mary Fairchild

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