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AS FOR ME AND MY HOUSE
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IS IT A WANT OR A NEED? DECLUTTERING YOUR HOME AND YOUR SOUL

One of my dad's quotes was, "Is it a want or a need?" He loved it so much he wrote the saying on a yellow sticky note and taped it by the door. He loved gentle reminders.

Do you ever feel like your closets are busting at the seams, yet there's still a desire for more? Every time I move, I vow I will never have clutter again. I told my husband a few years back we needed to become minimalists. Now, I ask myself, "How did we accumulate more stuff?"

I had great intentions several months back to purge a good portion of the clothes and shoes in my closet. After inspecting possibly hundreds of items, what I came up with for donations was two pairs of crop pants I had never worn, a purse with a broken buckle, and a pair of shoes I bought off of Facebook that weren't what I thought they were.

(By the way, this article was written for me because I need every reminder in here!!)

There were many more items I should have pulled out for donations. Goodness, I have four blue velour tops, and I didn't wear one of them this past winter season. But they really are cute! "What if I got rid of this amazing shirt and needed it later," I'll think while trying to clear my closet, "Even though I haven't worn it in four years?" Ultimately, what I have ended up with is an overloaded closet.

As I dig deeper into the spiritual aspect of "things," I wonder what all the "stuff" is about. Is there a correlation? I believe there is because I can speak from experience. This article is about decluttering the home and the soul. Often, what is seen in the physical realm can mirror what is in our soul or the fleshly realm. Many times, there is a void in the soul, and it seeks to be filled. Those things can be a false antidote used to fill the soul, causing a "piling up" of the physical mess.

What voids could we have? Is it loneliness, fear of lack, anxiety, trying to look better or feel better, depression, obsession, comparing ourselves, emotional traumas, or what? Decluttering the home and the soul makes room for the things that matter most. If you find yourself excessively enhancing the local economy, identify if you are fulfilling a want or a need.

If we're honest, I think we can all testify to our human nature being out of control at times. Or maybe a lot of times. My humanness sure has gotten me into trouble throughout my life. The very essence of man's nature is never truly satisfied, seeking to fill its desires and longings with something.

"Clutter is not just a matter of aesthetics; it's a weight on your soul."

~Unknown



However, as Christians, we have the Holy Spirit within us. God's Spirit in us produces the fruit of His Spirit, and part of that fruit is self-control. To control oneself is a gift from God because our fleshly lusts are too strong without the Spirit working in and through us. I admit, I love clothes and the struggle is real with the temptation everywhere. Correction: I say, "I have a great liking for clothes!" I am not where I want to be, but I'm so much better than I used to be because I am learning how to let the Spirit of God produce His fruit in me.

Many years ago, I attempted to fill the void with possessions to a degree, resulting in staring bankruptcy right in the face. What started as "I need one more 30.00 candle" built a mountain of debt, and then I had no choice but to use credit to live on. The snowball effect sent me tumbling in a landslide of self-condemnation, fear, and regret. My wants became my needs. Much more than financial bankruptcy, I was spiritually bankrupt.





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**SO ABOVE ALL,
CONSTANTLY SEEK
GOD’S KINGDOM AND
HIS RIGHTEOUSNESS,
THEN ALL THESE LESS
IMPORTANT THINGS
WILL BE GIVEN TO YOU
ABUNDANTLY**

”

MATTHEW 6:33 (THE PASSION TRANSLATION)