

Let's Talk CHANGE DEVOTIONALS



A product of Celebrate Change Ministries
www.CelebrateChange.org

DE-CLUTTER

Dr. Vanessa Dantzer Ussery | May 23, 2018

It's so easy to collect many things in your home. We don't see how much unnecessary things we keep until it's time to remodel or repair our home. It's even more amazing how much we have to de-clutter when we have to move to a new location. Actually, it's in our best interest that life interrupts our flow and requires us to access our 'many things' and decide what's to stay and what's to be trashed. I call this a de-clutter process.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Recently my son's family was forced to de-clutter. It was not an easy process as much of what needed to be thrown out they wanted to keep. The decision to let go of unnecessary items was very challenging. There was a desire to hold on to things even though there was no place to put it. It's difficult for some people to de-clutter as the attachment to things is strong making the release of those items very painful.

Our lives often need a de-clutter process. When we see that we are stretched to the point of breaking down it's a sign we need to de-clutter. We should pray and ask the Lord to show us what we need to let go of in our life especially if it is causing too much stress. Releasing those unnecessary things may seem painful. In the long run you will be glad you did it. Some stress makers, like our jobs and family we cannot remove. However, we often add additional things to clutter our lives that we do not have to carry as a load we feel tired, depressed and weighted. When a home is too cluttered it looks unorganized and it's uncomfortable to dwell there. Our mind can be unorganized and it causes us to feel uncomfortable when we do not de-clutter our life. Less is truly often best.

The word teaches us not to fret, so remove the clutter and see how much better you will feel. The results of the de-clutter process is refreshing to your mind and spirit!

Residing in Los Angeles, CA, Dr. Vanessa Dantzer Ussery is the Emeritus Pastor of Home Assembly Church in Los Angeles, is the founder of "Celebrate Change Ministries" and the author of "My Be Attitude: Who Be You?", which is available online in softcover or eBook at MyBeAttitude.org, Xulon Press, Amazon and Barnes & Noble. Dr. Ussery is available for national speaking engagements, empowerment seminars, and lectures. For more information, CelebrateChange.org | Info@CelebrateChange.org | 310-436-6336 x216.

LIKE us at [Facebook.com/CelebrateChangeMinistries](https://www.facebook.com/CelebrateChangeMinistries) | FOLLOW us at [Twitter.com/VanessaUssery](https://twitter.com/VanessaUssery)