

Conquer the Clutter in 2022
Sisters in Fellowship 1-1-2022

Definitions

Clutter

- Anything in life that weighs us down, distracts us from our purpose, or robs us of mental or spiritual health
- A collection of things lying around in an untidy mess
- A confused or disordered state or collection
- Chaos; jumble; disorder

Toxic

Causing unpleasant feelings; harmful or malicious; deadly; noxious

Antidote

A medicine or other remedy for counteracting the effects of poison or disease

Something that prevents or counteracts injurious or unwanted effects

Concepts and Scripture Citations

1 Corinthians 14:40 NKJV

Let all things be done decently and in order.

Clutter creates a Toxic Environment.

There are 2 components to your environment:

1. Your **internal** environment
2. Your **external** environment

Clear clutter from your Internal Environment

Your internal environment is

- **Your spirit** and
- **Your soul:** your mind, will, emotions, imagination and intellect

You are a spirit. You have a soul. You live in a body.

If you are a believer, your spirit is not alone.

1 Corinthians 6:19 NKJV

2 Corinthians 6:16 NKJV

1 Corinthians 3:16 NKJV

Fill your mouth and your mind with God's word.

Fill your mind with God's word.

Romans 12:2 NKJV

Philippians 4:8 NKJV

Philippians 4:8 New Living Translation

You are a speaking spirit, just like God.

Your words can clear your internal clutter or contribute to your internal clutter.

The words you speak are powerful.

Fill your mouth with God's word.

Joshua 1:8 NKJV

Isaiah 55:11 NKJV

Isaiah 55:11 Message Bible

Proverbs 18:21 NKJV

Matthew 12:34 NKJV

Luke 6:45 NKJV

Psalms 34:1 NKJV

Psalms 63:5 NKJV

Psalms 71:8 NKJV

Psalms 109:30 NKJV

Psalms 145:21 NKJV

Clear clutter from your External Environment.

Your external environment is anywhere you spend your time:

- Home
- Job
- Church (Ideally, your church is not a toxic environment. Church should help you detox.)
- Wherever you participate in leisure or recreational activities

The clutter in your external environment is not entirely within your control.

Toxic People

- May have **toxic attitudes** (negativity: on a good day, the glass is half empty; on a bad day, they don't see any glass at all.)
- May use **toxic language** (profanity)
- May indulge in **toxic behavior** (gossip)

Toxic Family members

- **Always need your help but rarely available to help.**
- You cannot choose your family members, but you can set boundaries and you can set the atmosphere in your home.

Toxic Friends

- **Always need your help but rarely available to help.**
- Are your friends truly friends?

Toxic Co-workers

- You are required to work with them; but you are not required to socialize with them.
- **Set boundaries.** Make it clear that profanity is unacceptable.

Set Boundaries

Joshua 24:15

1 Corinthians 15:33 NKJV

2 Corinthians 6:17 NKJV

Change the Atmosphere with Praise and Worship

Psalm 22:3 Amplified Bible, Classic Edition

Psalm 22:3 King James Version

Psalm 22:3 NKJV

Clear the clutter from your Habits

Toxic activities and choices are prompted by

- the lust of the eye,
- the lust of the flesh and
- the pride of life

1 John 2:16 NKJV

Isaiah 1:16 NKJV

What are you binge-watching or reading?

2 Samuel 11

What kind of choices are you making?

Deuteronomy 30:19 NKJV

What are you hearing and heeding?

Genesis 3:11-13

You cannot hide your toxic habits from God.

Psalm 139:7-12 NKJV

For Toxic Emotions: Please see **Drop the Weight!** presented on 1/2/2021.

The antidote for the toxins that clutter your life is the Word of God.

An antidote cannot counteract a toxin unless you inject it or ingest it. Fill yourself with God's word.