

Dear Fellow Christ Follower:

We can think of Lent as a season of "**spiritual spring cleaning.**" It is a time for personal cleansing and renewal for *our inner self--our spirit, soul, mind--our heart.*

Practical steps we can take include the following:

- **Take a Spiritual Inventory.** Reflect on where you currently stand. What aspects of your life feel heavy or weighed-down? Would you like your spirit to be "light and able to take flight?"
- **Clear any "Mental Clutter."** Identify negative *thought patterns*, such as self-criticism, worry, pessimism and fear. Replace these with habits that are more hopeful and a mindset that is positive. (Scripture suggests we are the way we think).
- **Release Resentments and Grudges.** *Forgiveness* is a fundamental part of spiritual cleaning. Just as we throw out the trash and get rid of things we don't want or need, we can let go of hurts and bitterness. Let your heart be light!
- **Clean Up Your Words.** Pay attention to how you speak about yourself and others. We can significantly improve the spiritual atmosphere of our inner lives by reducing gossip, complaining, and harsh or critical thoughts and words.
- **Prune Your Commitments.** Lent is a great time to evaluate our daily activities. Are there habitual commitments we are participating in that no longer serve us well, or that should be given to others to do? Consider subtracting unnecessary tasks to make room for activities that "spark joy" or offer deeper meaning.
- **Establish New Habits.** Re-establish daily and weekly practices that nourish you such as worship, prayer, journaling, being quiet, meditation on the Word, mindfulness, serving others, and spending more time with loved ones and in nature.

WHAT'S THE BIG DEAL? Much like a tidy, organized, clean room and home, a "*clean*" spirit can lead to:

- **A boost in overall happiness and mental clarity.**
- **Room for Growth--**by clearing out "dead" habits or beliefs, we can create the space for new ideas and fresh growth in personal transformation!
- **Renewed Energy.** Releasing emotional weight helps us move into a new season with renewed vitality and purpose.

Bible verses that encourage Spiritual Spring Cleaning:

Psalms 51:10 "*Create in me a clean heart, O God, and renew a right spirit within me.*"

Psalms 51:7 "*Purge me with hyssop, and I shall be clean. Wash me, and I shall be whiter than snow.*"

Matthew 23:26 "*Blind Pharisee! First clean the inside of the cup so that the outside will be clean too.*"

Romans 14:14 "*There is nothing unclean of itself but to him that sees anything unclean, to him it is unclean.*"

1 Corinthians 13:12 "*For now we see through a glass darkly, but then face to face. Now I know in part but then shall I know even as also I am known.*"

With love,

Pastor Duff