

Spring Cleaning the Soul – Day 1: Clear the Clutter

Key Scripture: Hebrews 12:1 Therefore, since we are surrounded by such a great cloud of witnesses, **let us throw off everything that hinders and the sin that so easily entangle**

There's something about spring that makes you want to open the windows, let the light in... and finally deal with the mess you've been ignoring.

Not the kind you can see—the kind you've been carrying.

Most of us don't realize how much we're holding onto until we try to move forward and feel the weight of it.

It's not always obvious stuff either.

It's not just the big sins or major mistakes.

Sometimes the clutter looks like:

- conversations you replay in your head
- hurt you never really dealt with
- guilt from something God already forgave
- pressure to be who everyone expects you to be
- fear that keeps whispering, “Don't try again”

And over time, it piles up.

Not all at once... but slowly. Quietly.

Like a closet you keep stuffing things into because you don't feel like dealing with it today.

But eventually, that door won't close anymore.

Relatable Picture:

You ever clean your house right before people come over... and instead of actually cleaning, you just shove everything into a drawer or closet?

From the outside, everything looks fine.

But you know—if somebody opens that one door—it's all coming out.

That's how a lot of us live spiritually.

We look okay.

We smile.

We show up.

But inside? It's crowded.

Scripture Insight:

Hebrews 12:1 says to **“lay aside every weight and the sin that so easily entangles.”**

Notice it doesn't just say sin—it says *weight*.

Because some of the things slowing you down...
aren't necessarily wrong—
they're just **too heavy to carry into your next season.**

Core Truth:

You cannot run toward what God has for you
while dragging what He asked you to release.

And here's the tension—
we get used to the weight.

We normalize it.

We carry it so long that we start calling it “just the way things are.”

But God never intended for you to live buried under what He died to
free you from.

Turning Point:

Spring cleaning doesn't start with organizing.

It starts with **honesty.**

You've got to look at what's there and say:

“Why am I still holding onto this?”

Not to shame yourself—

but to finally release it.

Because God isn't asking you to clean it all up perfectly.

He's asking you to **stop hiding it** and let Him help you deal with it.

Practical Step:

Today, take a moment and ask yourself:

- What have I been carrying that I don't need anymore?
- What have I avoided dealing with?
- What keeps coming back up that I keep pushing down?

Write it down if you need to.

Name it. Bring it into the light.

That's where freedom starts.

Closing Thought:

You don't have to carry yesterday into tomorrow.

God's not waiting to judge what's in the closet—

He's ready to help you clean it out.

Prayer:

God,

Show me what I've been holding onto that I need to release.

Give me the courage to face it and the faith to let it go.

I don't want to carry what You've already freed me from.

Help me step into this new season lighter, freer, and closer to You.

In Jesus Name We Pray, Amen.

Outro Line (your style):

Spring cleaning isn't just about what you throw away...

it's about what you finally stop carrying.