

2 Set your mind on things above, not on things on the earth.
3 For you died, and your life is hidden with Christ in God.

Colossians 3:2-3, NKJV



*“Rediscovering The
Significance of
Christmas”*

Part 1



UNCLUTTERED

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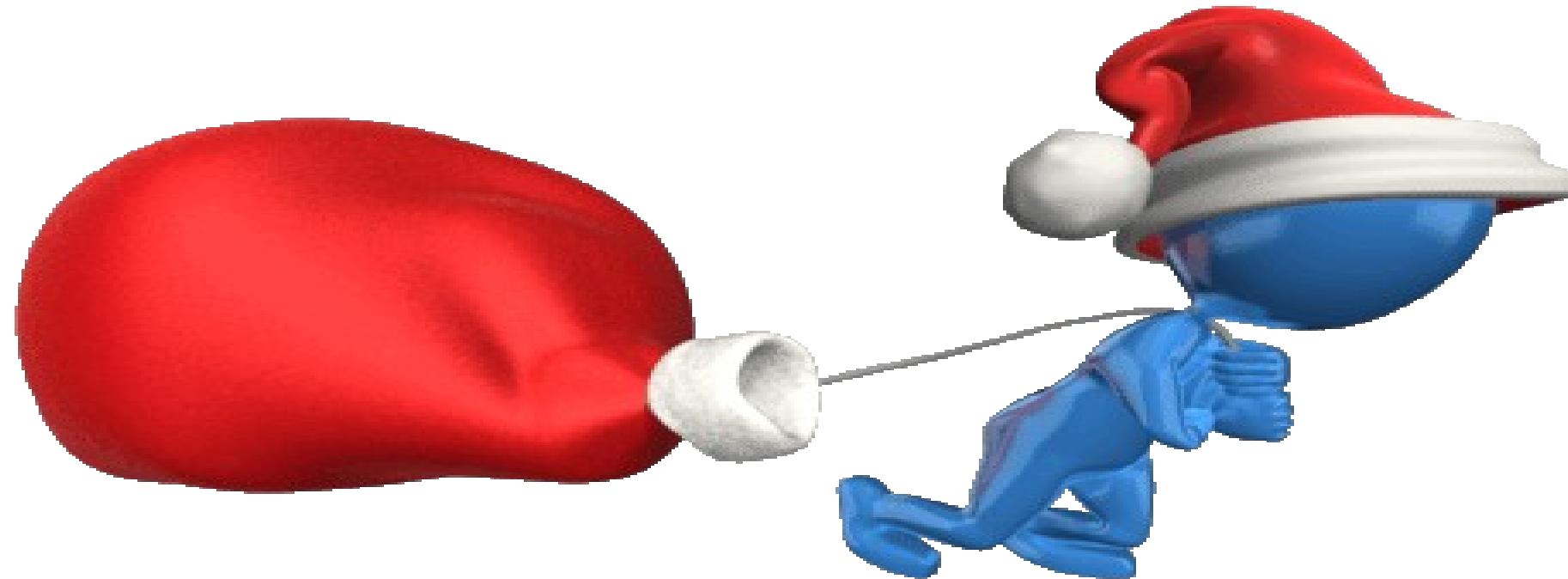
Colossians 3:2-3, NKJV

5 Let this mind be in you which was also in Christ Jesus,
6 who, being in the form of God, did not consider it robbery to be equal with God,
7 but made Himself of no reputation, taking the form of a bondservant, and coming
in the likeness of men.

8 And being found in appearance as a man, He humbled Himself and became
obedient to the point of death, even the death of the cross.

Philippians 2:5-8, NKJV





Getting rid of mental clutter frees you up to focus on important things.

Researchers estimate you have about 60,000 thoughts each day.

And many of those thoughts involve thinking the same things over and over again.



I. Get rid of the pity parties.



**“Feeling sad or disappointed is healthy.
But self-pity is different.
It involves magnifying your misfortune and
convincing yourself that your problems are worse
than anyone else’s.”**

Psychology Today



1 David therefore departed from there and escaped to the cave of Adullam. So when his brothers and all his father's house heard it, they went down there to him.

2 And everyone who was in distress, everyone who was in debt, and everyone who was discontented gathered to him. So he became captain over them. And there were about four hundred men with him.

1 Samuel 22:1-2, NKJV



Decluttering Tip:
Be on the lookout for
language that implies you
are a victim.



“They behave as if this were the case in every situation. It is a *learned* and *acquired* behavior, which means it does not have any biological or genetic workings at its base.”

“The Psychology of Winning”
Bishop Calvin Scott



II. Challenge your self-doubt.



10 "Therefore, come now, and I will send you to Pharaoh, so that you may bring My people, the sons of Israel, out of Egypt."

11 But Moses said to God, "Who am I, that I should go to Pharaoh, and that I should bring the sons of Israel out of Egypt?"

Exodus 3:10-11, NASU



And He said, "Certainly I will be with you, and this shall be the sign to you that it is I who have sent you: when you have brought the people out of Egypt, you shall worship God at this mountain."

Exodus 3:12, NASU



Decluttering Tip:
**“Don’t dig up with doubt what
you planted in FAITH”**

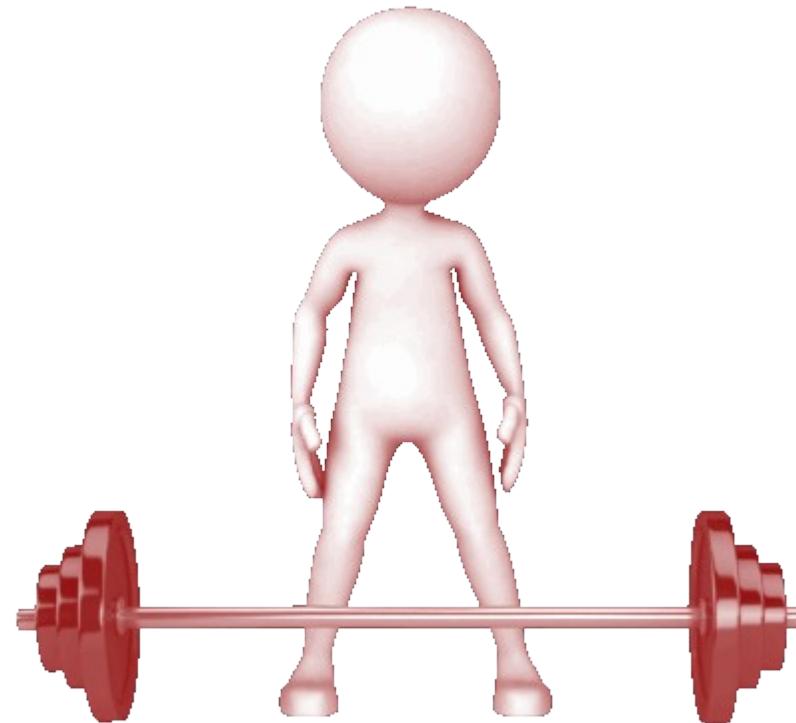
-Elisabeth Elliot



III. Distinguish worrying and ruminating from problem-solving.



Build Your Mental Muscle



Decluttering Tip:

5 Trust in the Lord with all your heart,
And lean not on your own understanding;
6 In all your ways acknowledge Him,
And He shall direct your paths.

Proverbs 3:5-6, NKJV

