



MESSAGE NOTES

Getting Rid of Clutter

Ephesians 4:31-32

Message by Loyd Flaherty

1. Clutter can be bad for your health

Clutter can be overwhelming. Clutter can be so bad that it creates stress that affects your health, your peace of mind, and even can hurt your relationships.

2. Spiritual clutter

While we think of clutter as having too many physical things, what about spiritual clutter?

Ephesians 4:31-32 “**31**Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. **32** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

3. Few things are needed

There are thoughts and worries that clutter our hearts and minds and waste our time and energy.

Luke 10:41-42

41 “Martha, Martha,” the Lord answered, “you are worried and upset about many things, **42** but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

Martha's mentality was so cluttered with the details of hospitality that she missed what was most important — fellowship with Jesus.

Application:

- a. Let go of grievances, bitterness, and resentments.
- b. Take action to love your neighbor and your enemies.

Dealing with clutter, physical or spiritual clutter, is something we continue to need to work on. So don't be discouraged if you are repeatedly dealing with clutter.