

Declutter Your Mind in 7 Steps

1. Acknowledge

Every process begins with acknowledging what is wrong. Admit your mind is cluttered with stinking thinking or harmful thoughts you no longer need. (i.e.-guilt, false beliefs, wrong teachings, or high expectations of yourself and others)

2. Ask

In prayer, ask the Lord to reveal any hidden thoughts or beliefs that are harmful to you.

3. Allow

The Lord can answer our prayer, but we still have to allow Him to work in us. Remember how you can lead a horse to water, but can't make them drink?

4. Attention

Be mindful as God reveals thoughts you need to surrender to Him. As you pay attention to new thoughts, ask yourself, "are my thoughts drawing me closer to Christ or farther away?" Surrender what doesn't belong.

5. Align

When you see your thoughts aren't correct, align them with God's truths from His Word. This is a crucial step. Don't take someone else's word for it; ask the Holy Spirit for discernment.

6. Accept

Accept God's truths, for the adversary, the devil, will try to persuade you otherwise. Hide them in your heart.

7. Avoid

Avoid making assumptions in the future and repeat the above steps as necessary. Our mind is no different than anything else we own.

May your mind get clearer and healthier so you make space to focus on what matters Now, go take your next step!!