

a simple lent

making more room for GOD

Week 1: Priority

Week 2: Declutter Digitally

Week 3: Sparking Joy at Home

Week 4: Making Meaningful Work

Week 5: Revealing Your Core Values

Week 6: One Week For GOD

Life

Digital

Home

Work

Faith

Joy

The heart of The KonMari Method, according to professional declutterer, Marie Kondo is a simple idea: maintain a home in which everything around you “sparks joy.”

Most of what fills our homes and lives is stuff we’ve accumulated over the years. Gifts, inherited furniture, clothes which may or may not fit, cords to appliances we no longer own. We keep all of it because “we might need it someday.”

The KonMari Method, which I’ll freely admit, is kind of weird, invites you to gather all of one kind of possession you own and touch each one. If you can, hold it in your hand and notice how it makes you feel. Does it “spark joy”? If so, keep it. If not, get rid of it. For Marie Kondo, this is a process which reveals your true attachment to your stuff.

For me, it overturns the way I value my possessions. I would look at my stuff and get rid of what I didn’t want. Often using a method like “have I used this in the last year?” or if the clothes were stained. This idea encourages us to ditch the stuff we don’t **love**, need, or send us into a land of happy memories.

It isn’t just about what’s useful or worth value, it is whether you really want to have it around.

How much room might we make in our lives if we kept only what demands to be kept?

Resources

Marie Kondo’s *The Life-Changing Magic of Tidying Up*

A Simple Lent is written by the Rev. Drew Downs and can be found at drewdowns.net/a-simple-lent