



Decluttering Your Soul for 2026

A Guided Journal

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Getting Rid of Soul Clutter


As the calendar pages flip to a new year and a fresh start, we might begin the process of sorting out our closets or pantries crammed with accumulated stuff we no longer need. It always feels like starting the year with a clean slate when we can unburden our homes with the unnecessary items we've seemed to gather and store throughout the year.

I think sometimes in the demands of life, we can also carry burdens inside our hearts that we are not even aware of: disappointments, unmet expectations, unhelpful attitudes, resentments, and worries.

These burdens keep us from living in the freedom, peace, and love God intended us to experience every day. It takes time and intentionality to off-lift these burdens, to wash our hearts clean, and to move forward with the grace and energy God wants us to experience every day.

So, as we begin a new year, I hope you and I will resolve to deal with our soul-clutter, so that we may have strength to face each day in peace. In my own life, I have come to the place where I know I will find the help that I need. I come to my Father and ask Him to help me, His child, and ask Him to show me how to get rid of the unnecessary junk, to help me clean out and organize my soul.

I hope you will join me in the pages of this journal for this most important of tasks as we enter a new season!



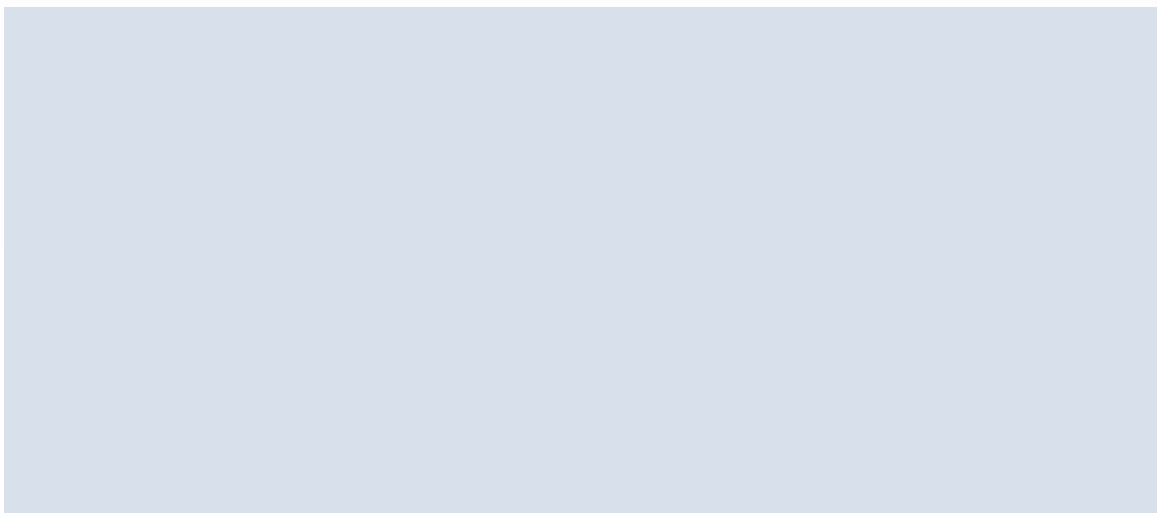
*“Isn’t it nice to
think that
tomorrow is a
new day with no
mistakes in it
yet.”*

L.M. Montgomery
Anne of Green Gables

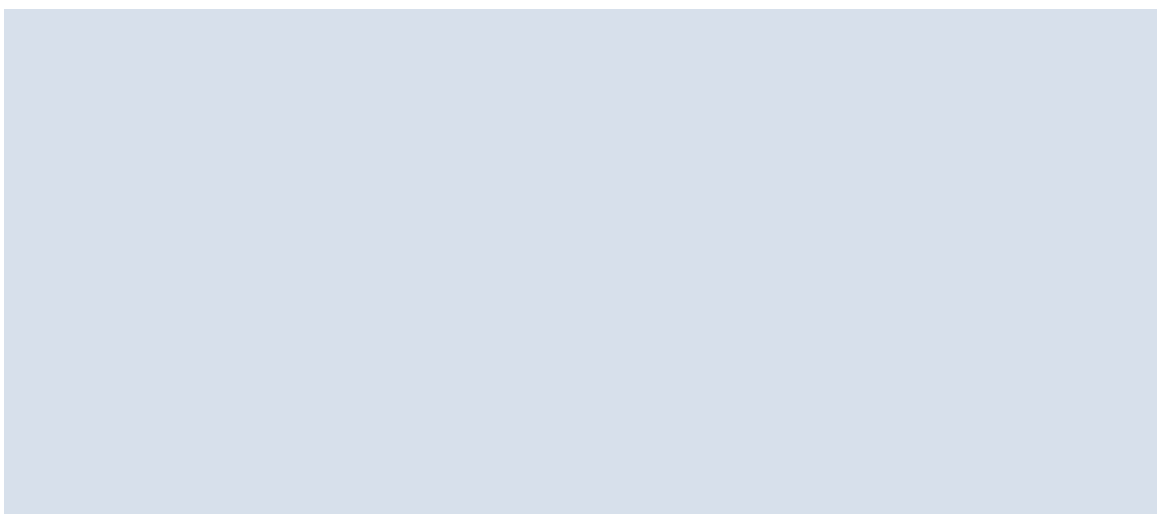
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LETTING GO FOR A LIGHTER NEW YEAR

- 01** **Check your heart for any guilt or unconfessed sin.** I have found that letting God erase my weight of real or false guilt, helps me to admit with God that I need Him, His grace and His forgiveness.



- 02** **Are there any hurts, burdens, fears, worries from the past year that you are carrying on your own shoulders?** Write them down, give them over into God's hands and ask for practical wisdom about how to handle it. Pray from your heart about how you need help.



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03 **Are you carrying any bitterness, worries, cynicism that is stealing from you?** When we do not give forgiveness or accept the limitations of a circumstance or person, we are the ones who suffer the most. Be humble, give up bitterness, revenge, a gossiping heart and mouth.

04 **Look up the following verses and write them in the space below.** What do you think these verses tell us about confessing our sin to God?

Romans 8:38-39:

1 John 1:9:

*“In quietness and
rest shall be your
strength.”*

Isaiah 30:15

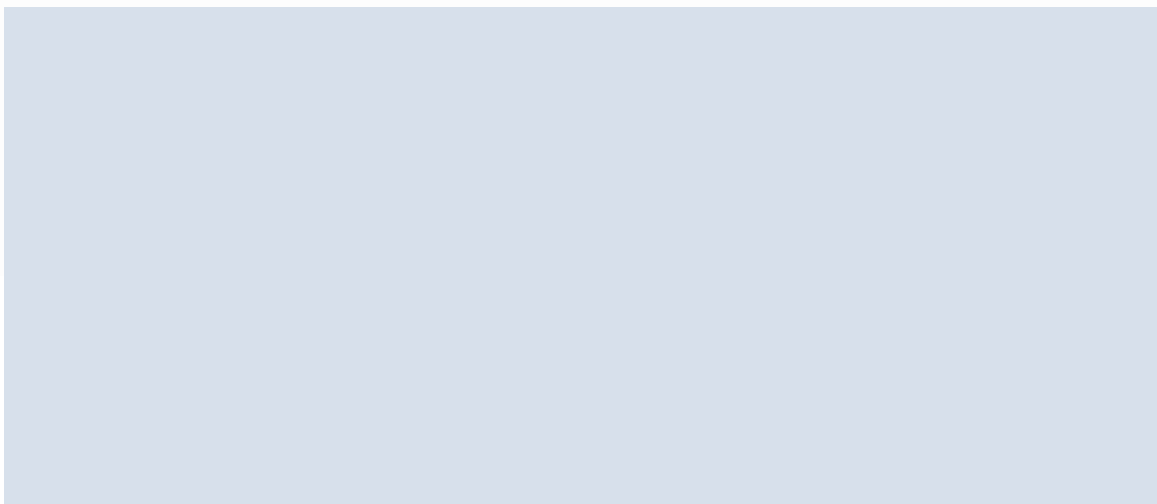
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LETTING GO FOR A LIGHTER NEW YEAR

05

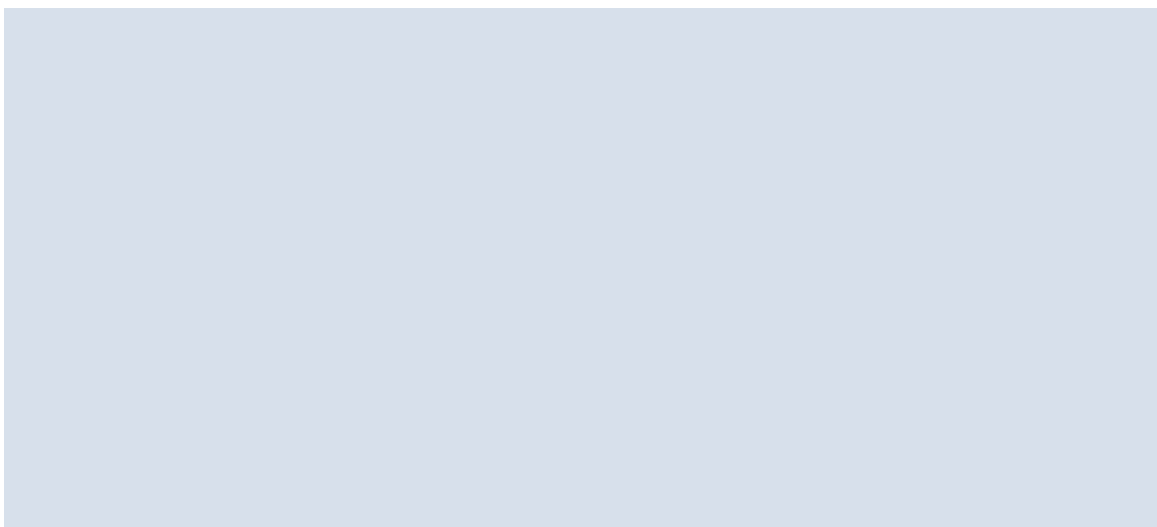
What are some dreams or ways you need to see God help you?

Ask Him to provide for you—what is on your heart. God delights in answering prayer.



06

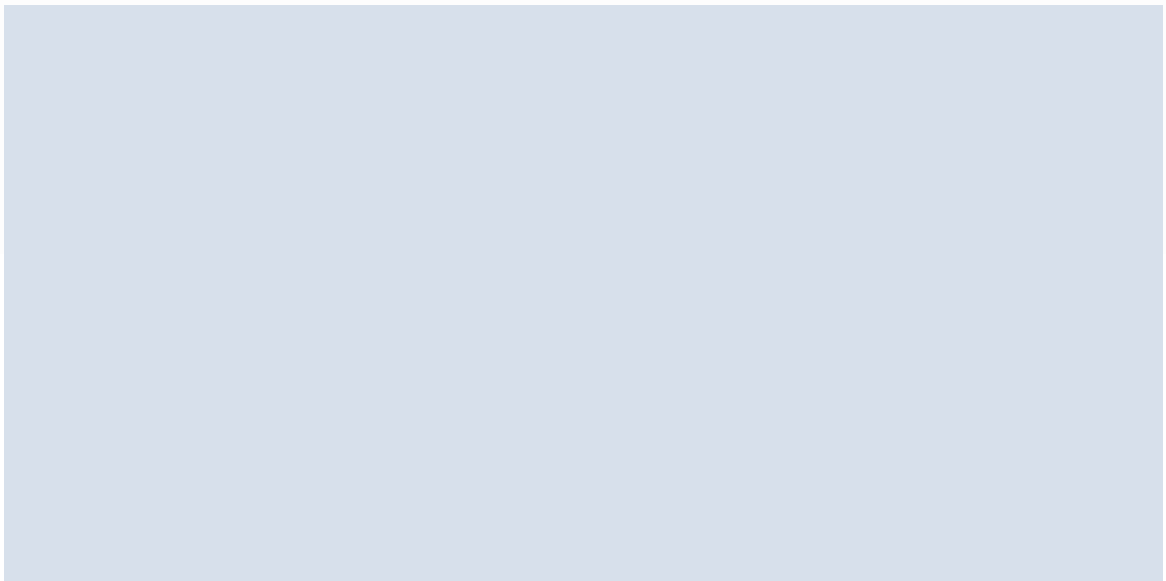
Are you cherishing the world or worldly things too much? Is it keeping you from being close to Him, from developing righteous values? What do you need to change to move toward a closer walk with God? books? conference? daily time?



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07 What does it mean to “Seek first God’s kingdom” for you this year? Only in His priorities will we find centeredness and blessing. List what your eternal/kingdom goals are and how to get there.



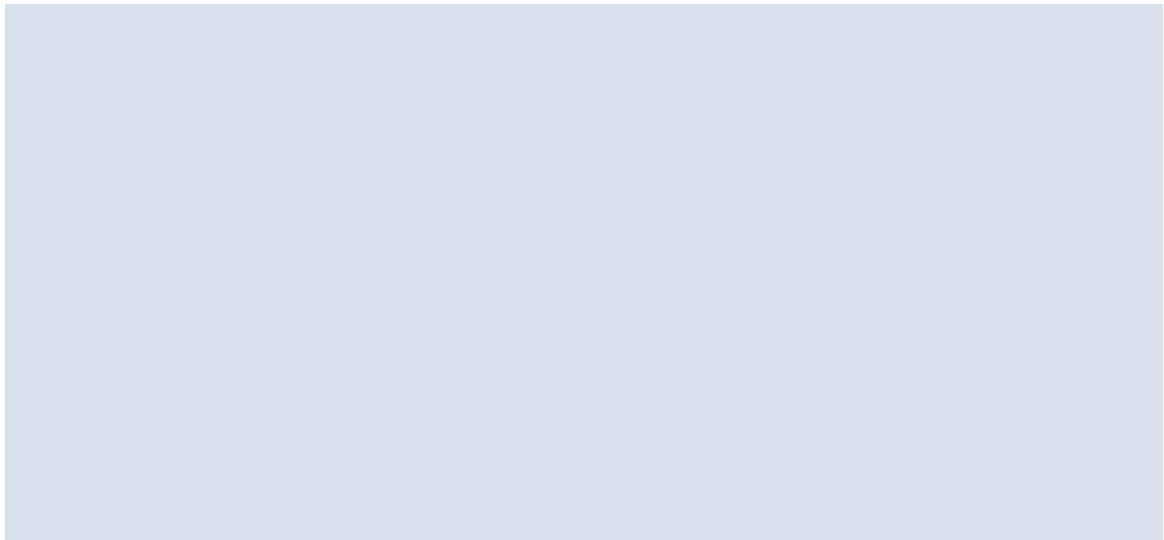
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08

Be yourself. Make plans that suit your loves, your personality, your limitations. Your story will be different than that of anyone else. Don't carry the burden of comparison to others or a phantom that makes you think you should be a certain way. Be free, live in grace.

How can the plans, dreams, and hopes you identified in the other sections be simplified considering the limitations of your season and include your own personality and preferences?



“Assuredly, I say to you, unless you are converted and become as little children, you will by no means enter the kingdom of heaven. Therefore whoever humbles himself as this little child is the greatest in the kingdom of heaven. And whoever receives one little child like this receives me.”

Matthew 18:3-5

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After you have taken a close look at what you've been carrying, it's time to give it over to the Lord. Don't hold on to them. He is capable of taking them from you and being responsible so that you will not be weary or carry what you are not capable of carrying.

Write out a prayer below giving all the issues, attitudes, resentments, and soul clutter over to the Lord.

Dear God,

Amen.

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Take a moment and close your eyes. Imagine being wrapped in the mighty arms of our Lord and Saviour. *Imagine He is saying: "I am in heaven and I see all things—the future, the past, your children, your relationships, --all your clutter. Give them to me. Quiet your soul and rest in my strength and power."*

On the next page are four scripture cards you can cut out and meditate on in your quiet time, tape them to your bathroom mirror, or leave them wherever you might need the extra encouragement and reminder to stop and rest in God.



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"Come to me, all who labor and are heavy laden, and I will give you rest."

Matthew 11:28

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"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

Joshua 1:9

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"The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him."

Psalms 28:7

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"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Romans 15:13

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"Taste and see that the LORD is good; blessed is the one who takes refuge in Him."

Psalm 34:8

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"being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus."

Philippians 1:6

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"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

John 16:33

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"Surely I have calmed and quieted my soul, like a weaned child with his mother; like a weaned child is my soul within me."

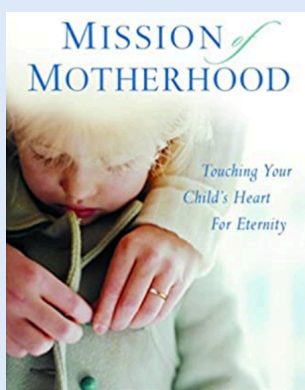
Psalm 131:12

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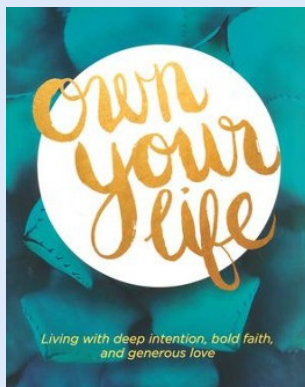
Recommended Reading



The Mission of Motherhood: Touching Your Child's Heart for Eternity by Sally Clarkson

Discover how understanding God's purpose and design can empower you to be the mother you long to be.

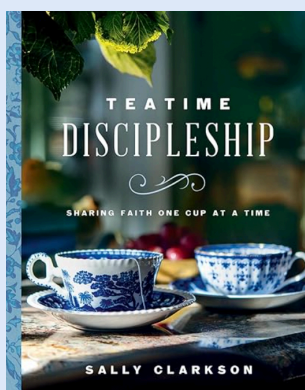
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Own Your Life: How to Grow a Legacy of Faith, Love, and Spiritual Influence by Sally Clarkson

Discover how to take responsibility for your life and recover your sense of God-given purpose!

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Teatime Discipleship: Sharing Faith One Cup at a Time by Sally Clarkson

Discover how to cultivate friendship, feasting, and fellowship, one cup at a time.

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