



Tidying Up

SPRING CLEANING FOR OUR SOULS

WEEK 1 - SPARK JOY WITH JUSTICE

Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. Isaiah 58:10

OVERVIEW

One of Marie Kondo's principles for tidying up is to keep only those items which "spark joy." By surrounding yourself with only the items which bring you joy, your whole mentality can change. Similarly, when we stop going through the religious motions, doing stuff we feel we're "supposed to do" and start focusing on what really matters – caring for the poor and marginalized, bringing justice into our world, etc. – we will find our outlook on life shifting. God pours out joy, provision, guidance, and life for those who tidy up their priorities and focus on what actually matters in the kingdom of God.

DISCUSSION QUESTIONS

1. Have you experienced the "messy garage paradox" that Barry describes? What work area in your life tends to get messy, but brings you joy when it is tidied up?
2. Has your soul ever felt "cluttered"? What has worked for you in the past to "tidy up"?
3. Read **Isaiah 58:1-12**. Barry asks us to consider the following questions. What action of justice is God prompting you to take in one or more of these areas?
 - Who has been wrongly imprisoned around you? (Don't just think physical prisons)
 - How can you lighten the burden of those who work for you? (If you're not an employer, what about service industry workers?)
 - Who around you is chained and oppressed?
 - Who in your life is hungry? Who needs a home? Who needs clothing?
 - And who in your biological or spiritual family needs your help?