



8 WAYS TO MAKE A FRESH START THIS SPRING

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1. START YOUR DAY WITH A SIMPLE PRAYER.

Have you noticed that a good start to your day will often affect how the entire day goes? Then grab the reins on your day by choosing to start it well. Try saying this simple prayer as you rise out of bed and before your feet even hit the floor: "God, I give this day to you. Help me to please you in all I do."

2. GET OUTDOORS.

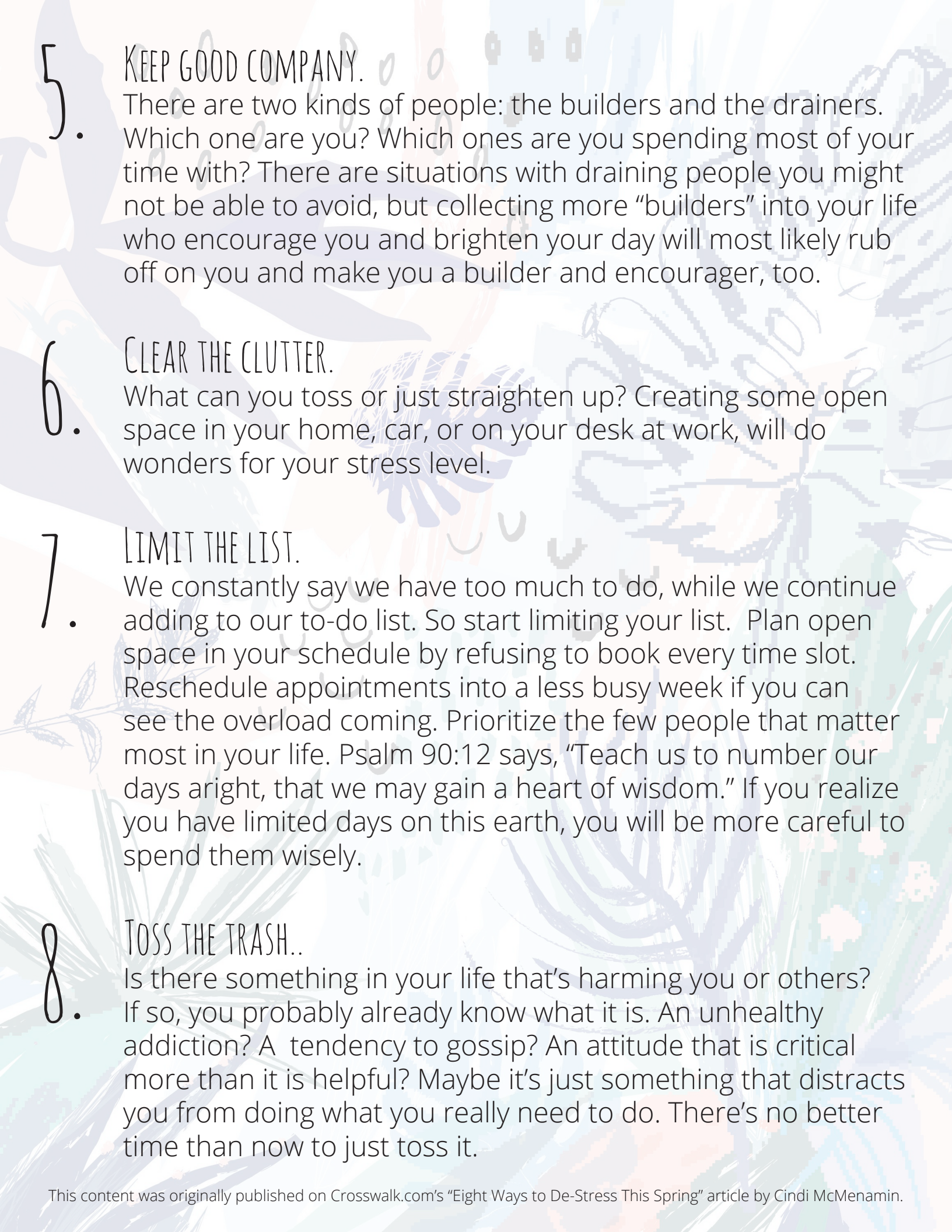
We live in a world in which it's easy to hibernate. Don't do it. Especially if the sun is out or the wind is blowing or even if you're experiencing rain. Walk whenever you can, breathe the air that is around you, notice the flowers, listen to a birdsong, admire the sunset. Appreciate the colors of nature. It will freshen your soul and remind you that "the earth is the Lord's and everything in it" (Psalm 24:1).

3. FIND YOUR RESTING PLACE.

There's nothing more refreshing than a few moments of silence. Can you find it? Get creative. Walk to a nearby park. Sit in your car during your lunch break if you have to. But get quiet. Let your thoughts slow. Listen for your heartbeat. And relish in the sounds of silence -- even if just for a moment.

4. FIND YOUR SONG.

The Bible says, "In everything give thanks, for this is God's will for you..." (1 Thessalonians 5:18, NASB). I like to paraphrase that by saying "In all things sing." Practice the art of praising God for everything that comes your way, good or bad. Once you become a person who is able to give thanks "in everything" you are living out God's will for you.




5. KEEP GOOD COMPANY.
There are two kinds of people: the builders and the drainers. Which one are you? Which ones are you spending most of your time with? There are situations with draining people you might not be able to avoid, but collecting more “builders” into your life who encourage you and brighten your day will most likely rub off on you and make you a builder and encourager, too.

6. CLEAR THE CLUTTER.
What can you toss or just straighten up? Creating some open space in your home, car, or on your desk at work, will do wonders for your stress level.

7. LIMIT THE LIST.
We constantly say we have too much to do, while we continue adding to our to-do list. So start limiting your list. Plan open space in your schedule by refusing to book every time slot. Reschedule appointments into a less busy week if you can see the overload coming. Prioritize the few people that matter most in your life. Psalm 90:12 says, “Teach us to number our days aright, that we may gain a heart of wisdom.” If you realize you have limited days on this earth, you will be more careful to spend them wisely.

8. TOSS THE TRASH..
Is there something in your life that’s harming you or others? If so, you probably already know what it is. An unhealthy addiction? A tendency to gossip? An attitude that is critical more than it is helpful? Maybe it’s just something that distracts you from doing what you really need to do. There’s no better time than now to just toss it.



MY SPIRITUAL (AND LITERAL) SPRING CLEANING CHECKLIST:

While you're spring cleaning your house, invite God to clean your soul.

Here's how:

- ☐ **ELIMINATE CLUTTER.**
Get rid of distractions that block your intimacy with God, and clear out your closet of all those clothes you say you'll wear "someday" but never do.
- ☐ **SCRUB AWAY DIRT AND DISINFECT.**
Cleanse dirty attitudes and behaviors and purify your soul. While you're at it, give your kitchen sink a good scrub.
- ☐ **VACUUM.**
Suck up everyday annoyances and persistent resentments that will stain your soul if you let them accumulate. And suck up those crumbs around the edges of your kitchen, too!
- ☐ **DUST.**
Wipe away vestiges of the past that are hindering you from moving into the future with confidence. And wipe down those ceiling fans that haven't been touched all winter.
- ☐ **POLISH.**
Make your relationships shine by serving others as God leads you. Give your best dishes some elbow grease and invite others to your home for a meal.
- ☐ **ORGANIZE.**
Rearrange your life so you can dream new dreams. Then clean off your desk and leave only the things that inspire and encourage you!

Create in me a clean heart, O God, and renew a right spirit within me.

Psalms 51:10

This content was originally published on Crosswalk.com's
"Spiritual Spring Cleaning" article by Whitney Von Lake Hopler.