

5 Reasons To Get Rid of Clutter

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If you have too much stuff, you spend time maintaining or shuffling it that could or should have been spent with your family.

But how do we find balance? I mean, we all need to have *SOME* stuff, right? Of course we do. But where's the line between enough and too much?

If we have *ENOUGH* stuff - then we will be reasonably clothed, sheltered and fed, have some pleasant pastimes, and the things we need to carry out every day activities and duties - like washing (our bodies and our clothes), education, bible study, etc.

If we have *TOO MUCH* stuff, there isn't room to put away all the things we have easily and tidily, our house is difficult to maintain, we have more than we need, we're often tired, have little time and energy for those we love, and we spend precious time and energy on something which has no lasting value - maintaining stuff!

Here are five very good reasons to get rid of your clutter:

1. Clutter costs you money - for storage, maintenance, buying fancy containers to keep it in, insurance, cleaning. It even costs you in doctor's bills (from stress caused by dealing with clutter, injury from tripping over it, or health problems from dust, allergies or vermin). Not to mention the cost to your health!! You spend money buying more of it, or on maintaining or accessorizing it. And how much has it cost you in overdue fees on library books and late bills because you couldn't find them? How about lost money or gift certificates?
2. Clutter makes you feel bad Seeing it around you stresses and depresses you. It makes you feel bad because you feel like a failure for having clutter. It makes you feel embarrassed or ashamed.
3. Clutter doesn't allow you to rest Clutter constantly demands attention, and makes us feel like we should be constantly dealing with it. We don't sleep well when we know there are things we "should" do, and it's hard to relax in an environment that is anything but peaceful.

4. Clutter destroys relationships How much mental and emotional energy do you pour into taking care of your clutter when your family is crying out for your attention?? Sometimes we use our clutter as an excuse not to deal with real people. If you often turn down a request to read a story, play a game, watch a sunset or go on a date with your husband because you "need to clean up this mess" then clutter is stealing you from your loved ones!
5. Clutter prevents you doing the important things Most people with clutter issues put off doing other things because they need to deal with their clutter. The presence of clutter also drags down our spirits and minds, making it harder to accomplish anything else. How many home schools, families, home businesses, friendships, marriages, and spiritual lives are not what they should be because of clutter? Is it worth having STUFF if relationships suffer? Have you put off buying food or preparing meals because your pantry is such a mess, or other clutter is distracting you? Do you avoid dealing with the bills because first you'd have to find them? Have letters gone unanswered because you're too busy trying to stay on top of things but drowning in stuff? Have you put off inviting another family for a meal (again!) because your house is cluttered?

Jesus says "A man's life does not consist in the abundance of his possessions." (Luke 12:15)

This article is excerpted from Unit 2 of Goodbye Chaos, Hello Peace. As you work through Unit 2, I'm going to help you figure out WHY you keep clutter, how to figure out what IS clutter, and show you how to declutter your home. But don't forget, you need to complete all the steps in Unit 1 first to lay the groundwork for what comes next! :-)