



Cleaning House Checklist

A list to help you get rid of the junk and reclaim freedom. (Psalm 139:23-24)

COMFORT

Get rid of a life of comfort and reclaim faith as you trust and follow God's leading.

- Ask God to direct your choices and shape your thoughts.
- Thank him for the courage to follow him moment by moment.
- Declare your faith to trust him when things aren't clear.
- Surrender your will to his.

OPINIONS

Get rid of influencing opinions and reclaim God's wisdom as you walk in biblical community.

- Seek God's wisdom for boundaries with people who lead you away from him.
- Thank God for the godly and loving people he placed in your life.
- Ask him to use you to encourage and bless your inner circle.
- Pray for them and ask how you can serve them as you follow Jesus together.

PRIDE

Get rid of pride and reclaim humility as you experience God's grace.

- Confess when pride gets in the way of obeying God or loving others.
- Thank him for helping you break free from selfishness and pride.
- Voice your desire to live according to his will, and for the sake of others.
- Repeat the words of Jesus, "Not my will, but yours be done." (Luke 22:42 NIV)

REGRETS

Get rid of regrets and reclaim your story as you share God's power to redeem.

- Ask God to free you from linger feelings of shame and fear.
- Thank him for his transforming, redemptive love for you.
- Ask him to use each moment of your past to minister to others.
- Write the story of how you encountered God and how he changed your life.

LUST

Get rid of lust and reclaim self-control as you gain freedom in Christ.

- Confess your sin to God, accept forgiveness, and release guilt's hold.
- Thank him for his strength to resist temptation.
- Ask him to awaken your heart to what is truly good and beautiful.
- Confess sins to one another, receive prayer, and receive healing. (James 5:16)

COMPARISON

Get rid of comparison and reclaim your identify in Christ as you live the abundant life God intends.

- Ask him to free you from a need to please others or attain a perceived ideal.
- Thank him for affirming your true value as his child.
- Ask God to incline your heart to what matters to him.
- Develop a daily gratitude habit and share what you're thankful for.

RESENTMENT

Get rid of resentment and reclaim authentic love as you forgive others as you've been forgiven.

- Ask God to free you from the bonds of unsettled feelings and bitterness.
- Thank him for the abundance of his love and forgiveness.
- Ask him for love to pour out on those who have wronged you.
- Determine the next step toward reconciliation and take it.

CONTROL

Get rid of the control struggle and reclaim rest as you trust God with all areas of your life.

- Ask him to take control of the hopes, ideas, needs, and fears in your life.
- Praise God as the great ruler of all things.
- Declare your trust in his wisdom, power, and goodness.
- Concentrate on God and rest in knowing he has full control of your life.