

20 Ways To Spring Clean Your Life.

Spring is a time when we clean out the mess, open the windows and let the warmth and light shine in. Here are twenty ways to spring clean your life:

Day 1, April 12th - Develop a new God habit.

So much of what we do every single day is the result of habits that we have formed over time. And when it comes to establishing healthy, new patterns in our lives, I've found that spending time with God and acknowledging Him in all of our ways is one of the most important and rewarding habits we can ever develop.

In all your ways submit to him, and he will make your paths straight. (Proverbs 3:6).

Day 2, April 13th - Clean out Pride and replace it with Humility.

A humble person understands themselves, what they can do well and cannot do well. Humble people are not afraid to take constructive criticism or counsel. A prideful person hasn't taken the time to truly know themselves. The pride in them makes them want to be someone else and blame others when weakness appears. Humble people are responsive to God, themselves and others. Proud people are resistant. Everyone else is the problem. Humble people understand their dependence on God and yield to God. Proud people are their gods and over emphasize themselves.

But he gives us more grace. That is why Scripture says: "God opposes the proud but gives grace to the humble." (James 4:6)

Day 3, April 14th - Humbleness as a virtue.

Humbleness is a virtue that is shaped by frequent prayer. If you truly desire to be humble, pray every day for this grace, asking God to help you overcome your self-love. "We should daily ask God with our whole hearts for humility," teaches St. John Vianney, "for the grace to know that we are nothing of ourselves, and that our corporal as well as our spiritual welfare proceeds from him alone." Humbleness is behavioral trait whereas humility is intrinsic character.

He guides the humble in what is right and teaches them his way. (Psalm 25:9)

Day 4, April 15th - Clean out Anger and replace it with Self Control.

We have all felt it: whether as a fleeting annoyance or as full-fledged rage. Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems—problems at work, in your personal relationships, and in the overall quality of your life. And it can make you feel as though you're at the mercy of an unpredictable and powerful emotion. This brochure is meant to help you understand and control anger.

An angry man stirs up dissension, and a hot-tempered one commits many sins. (Proverbs 29:22)

Day 5, April 18th - Express your feelings about the past.

Whatever past event you focus on, you may need to express the feelings you have associated with the event, whether good or bad, before you can move on. There may be experiences in your past that were hurtful, but there also may be good memories as well. Getting out your pent up emotions, whether good or bad, can help you let go of the past and focus on the present.

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. (Psalm 139:14)

Day 6, April 19th - Learn about the Fruit of the Spirit, and how new good things might impact your life.

Cultivating new, good habits is a lot easier than dropping a bad one. Schedule good habits until they become part of your routine. Schedule good deeds but don't keep a scoreboard, they are no homework, but take it as a journey of self-discovery by making yourself accountable to others.

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. (Galatians 5:22-23)

Day 7, April 20th - Clean out Unbelief and replace it with Faith.

Thinking about what it means to live by faith. Saying that you believe in Jesus is one thing. Exercising faith in Christ through the challenges of life is another. It's easy to confess faith but then to speak and act in unbelief. I've caught myself doing that a few times recently. What about you?

See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called today, so that none of you may be hardened by sin's deceitfulness. (Hebrews 3:12-13)

Day 8, April 21st - Remember that God gave you a life worth living

You can do anything with your life. You can become whoever you want to be, travel anywhere you want to go and spend your free time doing whatever makes you happy. But there is one thing you cannot do. You cannot achieve anything without dedication. You cannot change your life without putting in the time, without putting in the effort and without putting up with the setbacks required to master your chosen craft.

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. (John 3:16)

Day 9, April 22nd - Clean out Revenge, and replace it with Forgiveness.

Nothing stinks up your life more than old grudges. Throw them out by learning to forgive or requesting to be forgiven, write the person or place a letter if you have to. Whatever you need to do to release yourself from the weight of a grudge. Let in the fresh breeze of love and wholeness.

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. (Romans 12:17-19)

Day 10, April 25th - Consider how you respond to those who do you harm.

It is natural for us to encounter others we may not get along with, and of those we may consider them to be "enemies." It is important for us however, to remember that they are just humans too. Remember that our number one enemy is Satan. He takes form in many ways, and is everywhere in the world today- we cannot let him lead us to commit such sins. We must forgive and bless each other, and turn to God to strengthen our will against Satan

Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing. (1 Peter 3:9)

Day 11, April 26th - Try Different Foods with a New Eating Lifestyle

Ditch the word "diet" from your vocabulary and adopt a new eating lifestyle. Expand your palate trying new vegetables. Let your body rest from the routine of dairy, sweets, caffeine, tobacco, or alcohol see how differently you feel. If you are always busy attempt to stay still, you are always still try to become more active.

Let your moderation be known unto all men. The Lord is at hand. Philip. 4:5

Day 12, April 27th - Clean out complaining and replace it with Praise.

Attitude is a reflection of the spirit that dwells in us. If the spirit of Christ dwells in us, then a Christ-like attitude will prevail. On the other hand if the spirit that dwells in us is that carnal spirit which was hatched in us by Satan, then a self-gratifying, complaining, lustful, attitude will prevail.

Do everything without complaining or arguing. (Philippians 2:14)

Day 13, April 28th - Contemplate and pray for the ways you praise God today.

Do you know that praising God is the best thing to do first before anything else? Have you ever been in a situation that you feel all alone? Or have you encountered a difficult situation in your life and you don't know what to do, like losing your job or suffering the loss of someone very close to your heart? Consider the good times such as when you receive a raise from your boss or earn high marks at school? What do you usually do during these moments? Praising God makes every circumstance of our lives complete, essential, and eminently worthwhile.

Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that confess his name. And do not forget to do good and to share with others, for with such sacrifices God is pleased (Hebrews 13:15-16)

Day 14, April 29th - Wicked Thoughts? Replace with Pure Thoughts

We can't always control what turns up in our thoughts. Feelings, pictures and words flash up without prior notice. These thoughts can be good or bad, positive or negative, constructive or destructive. Sometimes we can be amazed, even shocked at what turns up. Where do these thoughts have their source? What does God think about them; will God judge us based on these involuntary impulses?

The things that come out of the mouth come from the heart, and these make a man 'unclean.' For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. (Matthew 15:18-19)

Day 15, May 2nd - Consider what is true, noble, right, pure, lovely and admirable about someone you love and write them a PRAYER praising and thanking God for those things.

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)

Day 16, May 3rd - Clean out Gossip and replace it with Encouragement.

Gossip is unconstrained and often derogatory conversation about other people, and can involve betraying a confidence and spreading sensitive information or hurtful judgments. Before you speak, think. Is it true? Is it helpful? Is it inspiring? Is it necessary? Is it kind?

Without wood a fire goes out; without gossip a quarrel dies down.

(Prov. 26:20)

Day 17, May 4th - Reflect on your choice of words and the way you address people around you.

Why is this important? Because it's a reflection of character. The words you choose and how you employ them determine how you will be received—positively, negatively, influentially. This has powerful implications; not only for you but also for those you around you. Set the example and let the world flourish around you.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

Day 18t, May 5th - Study your body language, and analyze possible negative triggers.

If you desire to live out your faith, it is only natural to question how your beliefs transform your daily life. One simple point of intersection is the way, which you hold yourself. Do you situate your body in a way that gives glory to God? Do you transmit joy, serenity, security, and peace? Or do you look more collapsed, tired, and closed off? A simple thing like changing the way that one sits or stands can be a great way to share one's faith, hope, and love in the midst of the world.

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Eph. 4:29-32)

Day 19, May 8th - Find your anthem (Radio Music or disk)

Speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord. (Ephesians 5:19)

Day 20, May 9th - Pay attention to the things you'd normally brush off as coincidences.

Coincidences happen all the time, so you may as well be open to them as possible guiding moments. You never know, a freaky coincidence could help you make sense of something going in your life. Be on the lookout for "God Incidences"

"Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them fade from your heart as long as you live. Teach them to your children and to their children after them." (Deuteronomy 4:9)