



# TERESA BRUNSTING

AS FOR ME AND MY HOUSE

[www.beholdurbold.com](http://www.beholdurbold.com)

## DECLUTTERING ... WITH GOD'S HELP

I never thought that in my lifetime I would be able to hire someone to declutter and organize for me. But that is the world we live in now. I had decided I wanted to try to do it myself—or that was my plan anyway. I had a plan to declutter my home. Turns out that once I started with my home, it turned into decluttering my computer, my mind, and my life.

If you ask my daughter, she will tell you she does not like change that much. That applies to our home as well. We had to break the news to her after she had been away from home studying abroad for 5 months in South Korea, that we would start a remodel on the main floor of our house. She was glad to be home but then started feeling

sad that the outdated colors that had been there since she was two years old were about to be replaced. What else was going to change? We assured her that her room on the second floor was safe.

If I'm honest, I must admit I don't like change that much either. The "same" feels safe, but when you start to change your home or move to a new home, you gradually begin a purging process. Even with a remodel, you must pack things up like you are moving. Then you ask yourself, does this bring me joy? Could someone else get more use out of this than I do? At first, it may be a struggle to part from stuff, but it gets easier as you go.

This starts an entirely new mindset—or at least it did for me. My daughter says getting rid of almost everything is called a minimalist lifestyle. This I'm sure I can never do, but I'm shooting for somewhere in between too much stuff and minimalist.

When I tire of boxing things up to store temporarily or donating other things, I sit down at my computer and unsubscribe from emails or clean closets. These tasks seem never-ending. I've heard it said, "How do you eat an elephant? One bite at a time." So, spending a set amount of time daily on these tasks has helped me, and then I don't get overwhelmed. I also ask a friend—God—for help. "God please show me how to move forward more simply and give me strength to accomplish the tasks in front of me."

When I set aside time every day to declutter it gives me a sense of accomplishment in my home. I have never really been a routine person. I am a little bit more on the creative spectrum and tend to go with the flow. Honestly, as I get older a little routine feels good in my mind and my life.



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



Another thing that feels good is the time with God helping me. Maybe this decluttering the home thing isn't such a bad idea. I was kind of forced into it but it really does lift a burden I never knew existed. What a great feeling! Even if it is only 15 minutes a day, I am going to declutter either my home, my computer, my mind by writing, or my life by looking at my schedule and what is coming up. I do these tasks while asking for divine guidance. Turns out God wants to be in your entire life, even the mundane tasks.

Wow.

Now I know that to many people this is a no-brainer, and many already do these things. But I'm guessing there are also people like me who are stuck in the one place that is supposed to be their sanctuary—their home. There is hope as you move forward and eat that elephant one bite at a time.



“

Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; for where your treasure is, there your heart will be also.

”



By asking God to help in your day by either doing a daily devotional or prayer can add richness to your life. This helps to calm your mind with help from the Holy Spirit as you declutter. We have a built-in support system. It helps my husband and I get to what we call, "Happy house, happy spouse." In my business, beholdurbold.com, I call the built-in support system "first aid from the Holy Spirit."

I found the following decluttering tips help me to go through my things:

## DECLUTTERING YOUR HOME

- Start with what you can see. No need to try and brave your entire closet or attic right off the bat.
- Identify the emotions attached to each item.
- Identify what is useful, beautiful, or simply nostalgic.
- Make three piles.
- Organize what you have left.



## THE MINIMALIST RULE

When applied to our homes, the 80/20 rule suggests we use roughly 20% of what we own around 80% of the time. The 20% are probably useful items. So, if you go by the minimalist rule, the rest probably has emotion, beauty, or nostalgia tied to them. This does make it hard to part with the rest and then it all depends on the space you have. If you don't have the space, do you want to pay for storage? Is there someone in your family who could use it, or could you donate it and give someone else joy?

The result for you whether you are moving, remodeling, or simply decluttering is after the project is done, there is a sense of accomplishment. There may even be a burden lifted if all that stuff causes you stress. It's worth 15 minutes a day and a prayer—or at least, it is for me.

"FOR I KNOW THE PLANS I HAVE FOR YOU," DECLARES THE LORD, "PLANS TO PROSPER YOU AND NOT TO HARM YOU, PLANS TO GIVE YOU HOPE AND A FUTURE."

(JEREMIAH 29:11 NIV)

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**THEN HE SAID TO THEM,  
“WATCH OUT! BE ON YOUR  
GUARD AGAINST ALL KINDS  
OF GREED; LIFE DOES NOT  
CONSIST IN AN  
ABUNDANCE OF  
POSSESSIONS.”**

”

LUKE 12: 15 (NIV)





## COACHING OPTIONS

### WOMEN

Wonder where you fit in...

#### LOOKING FOR PURPOSE

want to do more?

"You're not alone and I can help."

[Learn More](#)

### MOTHERS

Feel like you are alone...

#### OVERWHELMED & OVERWORKED

when you have so much to offer?

"Don't give up, I can help."

[Learn More](#)

### MARRIAGES

Wish you felt comfortable...

#### MOVING FORWARD

but you don't, so you feel stuck?

"I get it, but I can help."

[Learn More](#)