

Unclutter Your Soul

Small Group Discussion Guide

"Unclutter Your Soul" -- Pastor Linda Hufton

1. SERMON RECAP

Pastor Linda Hufton opened by drawing a vivid parallel between the clutter that fills a home after the Christmas season and the clutter that accumulates in the human soul -- fear, worry, disappointment, and anxious reasoning. She challenged the congregation that just as a house must be cleared of old things before new furniture can fill it, the heart must be emptied of its burdens before God's supernatural increase can take root. She pointed to the powerful transaction described in 1 Peter 5:7, reminding everyone that casting cares upon God is not passive but a deliberate, practiced spiritual discipline that opens the way for His grace and answers to flow freely.

2. KEY SCRIPTURE

1 Peter 5:6-7 (NKJV)

"Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you."

3. ICE BREAKER

What is one area of your home or workspace that tends to collect clutter, and how do you feel when you finally clear it out?

4. DISCUSSION QUESTIONS

1. Pastor Linda described how fear can disguise itself as disappointment, discouragement, or anxiety, things that can feel entirely reasonable and even justified. Have you ever recognized one of those emotions in your own life and later realized it was rooted in fear? What helped you see it for what it was?
2. Psalm 131:2 records David saying, "Surely I have calmed and quieted my soul," using active, first-person language. Pastor Linda emphasized that no one else can quiet your soul for you. What does it look like

practically in your daily life to take responsibility for calming your own inner world, rather than waiting for circumstances to change or for God to do it without your participation?

3. Pastor Linda made the observation that sometimes people avoid becoming quiet on the inside because they do not want the deeper, unresolved issues to surface. Has there been a time when busyness, entertainment, or distraction served as a way to avoid something you needed to bring before God? How did that season eventually resolve itself?

4. She described casting cares on God as a repeated spiritual exercise, sometimes needing several runs at the same burden before it truly releases. How does that honest, non-perfectionist picture of the process change the way you approach prayer when you find yourself picking a care back up after you thought you had given it away?

5. Pastor Linda connected humility directly to peace, pointing out from 1 Peter 5:5 that God resists the proud but gives grace to the humble, and that admitting you cannot solve your own problem is itself an act of humility. In what area of your life right now is it most difficult to admit that you do not have the answer and genuinely need God to work it out?

6. Hebrews 4:11 calls believers to labor to enter into rest, which sounds like a paradox. Pastor Linda suggested this means choosing not to take a care back into your own thinking and reasoning once you have placed it in God's hands. What habits or practices help you guard that boundary between trusting God with something and mentally reclaiming it?

5. APPLICATION CHALLENGE

Before going to bed each night this week, set aside five minutes to kneel or sit quietly and name out loud one specific burden, worry, or anxious thought that is sitting in your heart. Speak it aloud to God, place it deliberately into His hands using whatever mental image helps make that real for you, and then thank Him out loud for receiving it and working on it while you sleep. At the end of the week, note whether your sleep, your sense of peace, or your perspective on that burden has shifted in any way, and come prepared to share one observation with the group.

6. PRAYER POINTS

- Pray that each group member would develop the spiritual discipline of casting cares promptly and completely, growing in their ability to leave burdens with God rather than retrieving them.
 - Pray for the grace to recognize fear in its disguised forms -- discouragement, disappointment, and anxiety -- and for the courage to allow buried things to surface so they can be honestly surrendered to God.
 - Pray that as individuals and as a church, cluttered hearts would be cleared so that there is genuine room to receive the supernatural increase God has promised for this season.
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Isaiah 30:15 (NKJV)

"In returning and rest you shall be saved; in quietness and confidence shall be your strength."