

# ONE WEEK TO A MORE ORGANIZED HOME

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## THE HEART OF THE HOME

In most homes, the kitchen is the heart of the home. I don't know about you, but if my kitchen is a mess when I wake up, it pretty much guarantees I'll be behind the rest of the day. In fact, it usually means I can't catch up and feel overwhelmed the rest of the day. Does that ever happen to you?

The number one thing you can do to get a jump start on the day is to go to bed with a clean kitchen. Now this may seem obvious, but for a lot of you, I know this has been a major issue in your life. Walking into a messy kitchen in the morning is discouraging.

When you wait to wash the dishes till later, you are ensuring you'll have to use more elbow grease to get the clean. Dried on food takes more work to scrub clean. But if you do it as soon as the meal is over, it takes just seconds to wash, fine, and dry the dishes. Of course you may have a dish washer, but the same principle applies. You'll just feel better if you do it right away. *I promise.*

Some of us are procrastinators by nature. We put off those things we don't want to do because of a sense of dread. We feel like the chore is so unpleasant that we just put it off for as long as possible. Part of that issue is a lack of self discipline.

The other part of that is the fact that we may well dread task because when we put off doing a chore, it really is worse when we finally do it. We condition ourselves to believe a chore is really much worse than it would be if we just did it immediately. It's

It's important as homemaker's that we give value to keeping a neat and orderly kitchen. By giving the tasks value we elevate our role as homemakers. The Bible tells us that we are to be "keepers at home."

I bet if you time yourself doing certain tasks that you currently dread that you'll be pleasantly surprised at how quickly you can get them done if you do them immediately!

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## HEARTWORK

How often do I procrastinate doing tasks that need to be done?

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What value have I given these tasks in the past?

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How will I give value to one of my tasks today?

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Read these Bible verses. Journal your thoughts on the following page.

- Colassians 3:23
- Ephesians 6:7
- Philippians 2:14
- John 15:13

# HEARTWORK

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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## HOMEWORK

Unless you are already pretty organized at home, you're probably not going to be able to organize your whole house this week unless you have set aside several days to dedicate to getting organized - which would be awesome! There were certainly times in my life where this was the case, but not during this current season of my life.

### TODAY'S CHALLENGE

#### 1. Spend some time in prayer.

Ask God to help you find value and joy in the work that you do. Understand that when we serve our family, when we create a space that feels like home, we are ultimately serving our Lord and Savior!

#### 2. Clean the Kitchen.

Today make it your priority to organize as much as possible in your kitchen and go to bed with clear counters, a wiped down stove, and a clean sink. Load the dishwasher, wash anything left over by hand and put the dishes in the drainer away. Set out a fresh towel, fresh wash cloths, and sanitize your brushes and sponges.

#### 3. Purge one box of clutter.

Since we are focused on the kitchen today, you might want to clean out old spices, donate old pots and pans or dishes.

