

Simplify your life-- 40 bags in 40 days

What to do

Place 40 grocery sacks in a visible place. I put mine in my closet so that when I would pick out clothes I would come face to face with my bags. Then every day during Lent, except for Sundays, fill a bag and either toss it out or give it away. I gave many bags to the bargain box and some directly to people who might benefit from them.

Some tips to keep in mind

- Resist doing more than one bag per day. Stick with just one bag a day and you will develop a habit of eliminating clutter. I only doubled up when I knew something conflicted with my discipline. For instance, I doubled up for a week before Spring Break, since I would be gone.
- Never make an exception. Once you skip, the discipline typically starts to unravel. If you do miss, just pick-up where you left off. Do a bag and don't worrying about catching up. Pick-up the bag you missed on a Sunday or on a day where you really have an easy time filling it.
- Starting will be easy, but you might find yourself groping for ideas of what to toss after you fill 10 or 20 bags.

Here are some suggestions:

Books	Clothes	Shoes
Old files	Stored boxes	Drawers
Closets	Cleaning supplies	
Cupboards	Dvd's	
Cd's,	Audio Tapes	
Albums	Toys	
Video Tapes	Sports gear	

Don't forget junk in your cars or garage!

- When struggling with whether or not to get rid of something you may suffer from the "I'll use it someday" syndrome. Consider these 3 questions—
 - How long have you been waiting for 'some day' to come?
 - Are you realistically likely to use it?
 - Could someone benefit from using it now?

Answers to these questions might help you let go.

Benefits

Simplifying your life yields practical and spiritual benefits. De-cluttering relieves stress, helps you efficiently use time and space, and frees you up for greater priorities. Letting go of things, expands your trust in God. Many of us horde to feed our sense of security and control. When that occurs our trust in God atrophies. Blessings on your Lenten journey and please share your successes.

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