

## **SOUL TRAINING**

### **Deaccumulation**

Based on James Bryan Smith's "The Good and Beautiful Life"

This week try giving things away. Give five things away that would be of some value to someone else. It can't be junk but must be in good shape—something that will be a blessing to someone else. If at all possible, give these possessions to someone you know. But be careful; some people aren't comfortable accepting unsolicited gifts—especially used ones! Don't give someone your old clothes or a pair of decent shoes you don't need. Your friend will not want this strange handout and may feel you are being condescending.

Instead, think of a situation like this: say you have three of the same type of thing and you know someone who could use one but does not have one. Give one of them away. If you have something nice that you are sure a friend would appreciate, bless them with it.

Avoid the temptation to buy new things to replace those you have given away!

Your aim is to be five things lighter by next week. Think about how much of a blessing they could be in the hands of the right people. Offer this prayer: "God, help me to get these to people who will be blessed by them." God bless you as you de-accumulate.