

How to Tell When Your Spirit Needs a Spring Cleaning

Just as we clear out our cabinets of sweet treats when we go on a diet, we must also clear out our spiritual cabinets with the junk that is hindering us from living a full and abundant life with Christ. Join Billie Jauss in this episode of *Start Small Believe Big* on the Charisma Podcast Network as she shares how to clear out the very items that clog our spirits.

The premise for this spiritual cleaning comes from Colossians 3:7-8 (MEV) which says, “You also once walked in these, when you lived in them. But now you must also put away all these: anger, wrath, malice, blasphemy, and filthy language out of your mouth.”

With this verse as her foundation, Jauss says she knew she had to “terminate the emotional toxins that were so challenging in my life,” otherwise, they would affect those she interacted with. In fact, Jauss shared how that exactly was the case with her. She says, “When we are going through times where rejection causes anger or rage or slander or another or wanting filthy language from our lips, we have to identify what the root of our issue is before we can step into the life of someone else.”

Jauss goes on to say, “It’s time to give up all those adverse reactions, thoughts and obstacles preventing us from accepting God’s best: His love, His mercy, His forgiveness.”

For more on how to learn about the barriers that might be keeping you from accepting and living in God’s best, listen to the full podcast [here](#).