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March 2018



Eliminate and Concentrate... Spring Cleaning for your Soul

Each Spring arrives in God's perfect timing! We are especially glad for it after the long winters in Chicago. Tiny buds on the end of branches, bulbs bursting through the soil, and birds chirping loudly usher in the signs of new life. This seasonal change often accompanies a desire for a change in our surroundings. Sometimes we start with the external. The urge to spring clean is rooted in the desire to restore a crisp, clean feel to all surfaces, purging or refurbishing the old and embracing the new. These things can be accomplished with a little sweat and strategy. But spring cleaning for our soul, well that prospect is a bit messier.



As a young mom, I was given this advice: "eliminate and concentrate"! To concentrate means to fix, focus, or give our attention to something. To eliminate means to wipe out, drive out, or put out something. As a believer, we are called to eliminate the things that are non-essential or detract from the glory of God and concentrate on the things that accomplish God's glory and His purposes.

So, after we've prayed for guidance, we need to wade into the clutter and grime of our hearts—and let the Spirit's cleansing begin! This Spring here are my prayers; how about you?

*Create in me a pure heart, O God,
and renew a steadfast spirit within me.*

Psalm 51:10

- Eliminate the grime of anxiety and concentrate on His peace. (Philippians 4:6–7)
- Eliminate the dirt of the past and concentrate on the grace found in the gospel. (Philippians 3:13–14)
- Eliminate the grit of ingratitude and concentrate on all of God’s blessings. (1 Thessalonians 5:18)
- Eliminate the cobwebs of negative thoughts and concentrate on praiseworthy things. (Philippians 4:8)
- Eliminate the grease of fear and concentrate on applying my faith. (2 Timothy 1:7)
- Eliminate the dust of busyness and concentrate on the rest Jesus provides. (Matthew 11:28–29)
- Eliminate the clutter and distractions in my life and concentrate on intimacy with God...because that’s the only thing that will yield real spring cleaning for the soul. (James 4:8)

May He Refresh and Renew you,

Karen Hodge



[enCourage Blog and Podcast](#)



Life can be a struggle and we know that most women today are on the run--whether we are running to a college class, running after kids, or running to doctor appointments as we care for aging parents. The enCourage podcast seeks to help us keep our eyes on Jesus in the busyness of life.

Refresh Your Women's Ministry this Spring

Listen to [Sticky Ministry teaching](#) from the 2018 Women's Ministry Leadership Training! Available also at www.pccdm.org in our Women's Ministry Toolbox.

[ONE Conferences – Register Now!](#)

Our oneness will either validate or negate the

claims of the gospel. We pray you will join us at a ONE conference in 2018 where we will challenge women to think biblically rather than emotively about oneness from the truths found in John 17. Join us in Jackson MS, Annapolis MD, Chattanooga TN or St. Louis MO. Registration for ONE Jackson ends SOON!!



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