

OPEN DOORS ON MISSION



Removing the Rubbish:

A Personal Worship & Life Examination Exercise

“By one sacrifice He has made perfect forever those who are being made holy.” — Hebrews 10:14



Opening Instructions

Based on 2 Chronicles 29:12-17

“They began to cleanse the Temple of the Lord ... and they took out all the defiled things they found.” — 2 Chronicles 29:15–16

Just as the Levites carefully went through the temple and removed what did not belong, Scripture invites us to examine our lives. Through Christ, we are already made holy. We are also called to continually remove whatever competes with worship, obedience, and God’s mission.

This daily guide is designed to help you prayerfully move through the rooms of your life, asking the Spirit to reveal what needs to be removed, reordered, or surrendered.

Each day before you begin, take a moment to pray.

“Lord, search me and know me. Show me anything in my life that crowds out devotion to You or hinders my love for others. Give me courage to let go and grace to walk in freedom.”

Monday

Room 1: The Heart (Worship & Allegiance)

What has my deepest loyalty, trust, and affection?

“You must love the Lord your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment.” - Matthew 22:37-38

Reflection Questions

- What do I turn to first for comfort, security, or meaning?
- Where do fear, anxiety, or control show up most often?
- What would be hardest for me to give up if God asked?

Possible “Rubbish”

- Misplaced trust
- Fear or anxiety
- Pride or self-reliance
- Bitterness or unforgiveness
- Desire for control

What needs to be removed or surrendered?

What would wholehearted worship look like here?

Tuesday

Room 2: The Mind (Thoughts & Perspectives)

What shapes the way I think and interpret the world?

*“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”
- Philippians 4:8*

Reflection Questions

- What voices most influence my thinking?
- Where do I replay lies, comparisons, or resentments?
- What patterns of thinking pull me away from truth?

Possible “Rubbish”

- Cynicism
- Comparison
- Political or cultural ideologies over Scripture
- Shame or condemnation
- Constant distraction

What needs to be cleared out?

What truth from God’s Word needs more space?

Wednesday

Room 3: The Schedule (Time & Priorities)

What receives my best energy and attention?

“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.” - Matthew 11:28-29

Reflection Questions

- What consistently crowds out prayer, rest, or service?
- What does my calendar say I value most?
- Where am I too busy to be present with God or others?

Possible “Rubbish”

- Overcommitment
- Comfort or convenience
- Constant busyness
- Neglect of Sabbath or rest
- Saying “yes” out of guilt or pressure

What needs to be removed or reordered?

What needs intentional space again?

Thursday

Room 4: Relationships (Love & Community)

How do I reflect Christ in my relationships?

“Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” - Ephesians 4:31-32

Reflection Questions

- Where am I withholding grace, patience, or truth?
- Are there relationships marked by avoidance or hostility?
- Who am I failing to love because it costs me something?

Possible “Rubbish”

- Gossip
- Resentment
- Division
- Self-protection
- Indifference

What relational clutter needs to go?

What step toward reconciliation or love is God prompting?

Friday

Room 5: Possessions & Resources (Trust & Stewardship)

What do I depend on for security or success?

“And God will generously provide all you need... Yes, you will be enriched in every way so that you can always be generous.” - 2 Corinthians 9:8, 11

Reflection Questions

- What do I worry most about losing?
- How do money, possessions, or success shape my choices?
- Where does generosity feel uncomfortable?

Possible “Rubbish”

- Consumerism
- Fear of not having enough
- Identity tied to success
- Reluctance to give
- Hoarding time, money, or talents

What needs to be released?

How might God use what I have for His purposes?

Saturday

Room 6: Mission & Service (Purpose & Obedience)

Am I available to God's work in and through me?

"Therefore, go and make disciples..." - Matthew 28:19

Reflection Questions

- Where have I resisted God's call to serve or step out?
- What excuses keep me from obedience?
- How has comfort replaced calling?

Possible "Rubbish"

- Fear of inconvenience
- Desire for control
- Waiting for "someone else"
- Spiritual passivity and consumer mindset

What needs to be cleared away to serve freely?

Where might God be inviting me to step forward?

Final Prayer of Commitment: *Father, thank you that through Jesus I am made holy. By your Spirit, help me remove what does not belong, so that my life may be fully devoted to worshipping you and serving your purposes. Amen.*