

Uncluttered — Week 2

A FOCUSED MIND (MATTHEW 6:22-23)

This Week's Focus: What we fix our attention on shapes what fills our hearts and guides our lives.

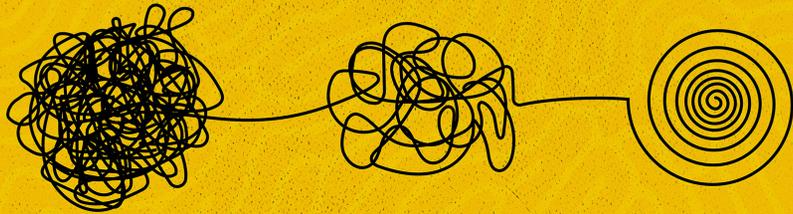
Reflection: Jesus teaches that the mind is like the eye of the body—it directs what gets inside us. In a world designed to pull our attention in a hundred directions, it's easy to live distracted without realizing it. Over time, what we repeatedly look at, think about, and dwell on begins to shape our inner life. Lent invites us to notice not just what fills our schedules, but what fills our minds. When our focus is scattered, our hearts grow restless; when our focus is clear, light begins to break through.

One Question to Reflect On: What has been capturing most of my attention lately—and where is it leading me?

A Simple Practice for the Week: Choose one daily distraction to limit or pause this week. It might be news, social media, constant background noise, or multitasking. Replace it with a brief moment of intentional focus—reading Scripture, sitting quietly, or offering a simple prayer like, “God, help me see clearly today.”

For Families: “What’s one thing that distracts us when we’re together?” Choose one small way this week to be more present with each other.

A Short Prayer: God, quiet my distracted mind. Help me turn my attention toward what brings light and life. Shape my thoughts so my heart can follow You more fully. In Jesus’ name, amen.



UNCLUTTERED
MAKING ROOM FOR WHAT MATTERS

“The eye is the
lamp of the body.
If your eyes are
healthy, your whole
body will be full of
light.”
Matthew 6:22