



“For where your
treasure is, there
your heart will
be also.”
Matthew 6:21

Uncluttered — Week 1

WHERE YOUR TREASURE IS (MATTHEW 6:19–21)

This Week’s Focus: What we treasure most shapes our hearts, our priorities, and the direction of our lives.

Reflection: Life fills up quickly, often without us noticing. Most of what occupies our time, attention, and energy isn’t bad—it’s simply familiar, necessary, or expected. Yet Jesus reminds us that what we consistently invest in slowly captures our hearts. When our sense of security is tied to things that don’t last, anxiety and restlessness follow. Lent invites us to pause and take an honest look at what we’re storing up—and whether it’s giving us the life we hope for.

One Question to Reflect On: What am I relying on right now to give me security or peace?

A Simple Practice for the Week: Choose one thing to loosen your grip on this week. It might be a habit, a distraction, a pattern of busyness, or a source of noise. Try to have five minutes of silence, a pause in your routine, or a conscious decision to say no.

For Families: At a meal or before bedtime, ask: “What’s one thing that makes us feel rushed or worried right now?”

A Short Prayer: God, show me what I’ve been holding onto too tightly. Help me trust You with what I’m afraid to release. Create space in my heart for what truly matters. In Jesus’ name, amen.