



Spirituality Report

April 26, 2024

Many of us associate springtime with clean-up and getting ready to enjoy the warm, sun-kissed days of summer. Spring can be challenging work, with cleaning out the old and bringing in the new, in the areas around us and ourselves, as a Spiritual Spring Clean-up.

Spring and spirituality fit quite nicely together. While we might be busy starting to work on those spring clean-up tasks, we can also do our Spiritual Spring Clean-up, preparing to be closer to the Lord. As the snow slowly melts, it exposes the dead roots and leaves—the things that only add to the messiness of our lives and prevent our souls from blooming. We can take some time during our Spiritual Spring Clean-up to take a hard look at what those things might be and rake them up. We can rid our wardrobes of any jealousy, selfishness, and anger that we may have worn a little too often. We can take some time to ponder the gifts God has given us in abundance and find new ways of sharing those gifts with someone who might benefit from them.

May we begin to see more clearly the many ways in which our lives will benefit from a good Spiritual Spring Clean-up. Let us pray that the cleaning season brings us all to a joyful and blessed tomorrow. “A clean heart create for me, God; renew within me a steadfast spirit.” — Psalm 51:12

Spiritual Spring Clean-up Resources:

(Click on the title for access to the article link)

- ⊗ [Spring Cleaning Your Soul](#) — Purge negative thoughts and feelings; Clear the clutter of unmet expectations and unanswered prayers; Dust away old resentments and past hurts; Kick a bad habit to the curb and more. By Blessed is She
- ⊗ [Cleaning Our Spiritual Closets](#) — Deep within that closet, God is ready to help us sort out years of fears, assumptions, refusals to forgive and everything that keeps us from his real kingdom. (Geared toward Lent, but perfect for year-round.) By Franciscan Media
- ⊗ [Making More Room for God](#) — Spring cleaning is a good practice that also applies to our minds, hearts and souls. By Holy and Healthy Catholic
- ⊗ [Sweeping Out the Dirty Corners](#) — What is ‘spiritual maintenance?’ Cleaning dirty places around the house is easy enough, but how does one sweep out a corner of the soul? By Agapè Catholic Ministries

Cleansing Prayer:

Heavenly Father, in the Name of Jesus Christ our Lord and Savior, by the power of the Holy Spirit, we pray that the cleansing power of the precious blood of your Son come upon us right now. Purify us and wash us clean with the blood of Jesus from the top of our heads down to the very soles of our feet. Let this blood penetrate the very marrow of our bones to cleanse us from any entanglement from whatever spirit we have come in contact with during the course of our intercession. Anoint us with the gifts of the Holy Spirit and refresh our body, soul, and spirit. And may the sign of your holy cross drive away all evil spirits from us. Amen.