

THE
BEAUTY
OF AN
UNCLUTTERED
SOUL



CARLA GASSER

illustrated by Vivian Kammel

The Beauty of an Uncluttered Soul

by Carla Gasser

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Yield to the Transforming Power of God's Spirit

The Beauty of an Uncluttered Soul *Allowing God's Spirit to Transform You from the Inside Out* by Carla Gasser, illustrated by Vivian Kammel

From chaotic work, family stress, and the pressure to have a perfect home or body, to the pains of our past and fears of the future, we have filled our souls with worldly worries when God created us for so much more. In her search for simplicity, Carla Gasser realized that decluttering her home, streamlining her calendar, and detoxifying her body were only scratching the surface of true transformation. In this nine-week devotional, Carla encourages women to purge their pasts, shake out worry, open their hearts, cleanse their minds, and declutter their attitudes.

This deep soul cleanse starts with studying and applying the nine fruits of the Holy Spirit. In *The Beauty of an Uncluttered Soul*, Carla will be a comforting voice as she guides you through the process of SOUL care:

- *Search* the Scriptures to discover the qualities God wants to nurture within you.
- *Observe* what it looks like to practice patience, love, gentleness, and the other fruits of the Spirit.
- *Use* what you learn through your search and observation of others to make a difference in your own life.
- *Lean* into God by spending time with him in daily prayer, solitude, and worship.

Uncluttering your soul involves releasing, purging, and letting go so that the Spirit can come in and do the deep soul cleansing. This journey will uncover the beauty underneath so that you reconnect with God, handle stressful circumstances and people, and develop lifelong healthy habits.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”

Galatians 5:22–23 ESV

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Carla Gasser is a speaker, teacher, blogger, and writer. Carla is passionate about communicating truth and grace, connecting passion and purpose, and championing others to share their stories. She is the proud mother of four young adults and lives in Hudson, Ohio, with her husband, Michael. You can learn more about her and join her on the journey by visiting carlagasser.com.