A decorative floral wreath border surrounds the central text. It features a white oval frame with a black outline. The wreath is composed of pink leaves and stems, with blue and yellow flowers interspersed. The background is a light pink color.

**RECLAIM  
YOUR  
SPACE  
WITH  
G.R.A.C.E.**

GUIDED JOURNAL

*Melinda Grace*



## Welcome

What do you do when life feels heavy, your mind is cluttered, and you can't see a way forward? For me, that breaking point came in 2019. I was living in Los Angeles, chasing an acting career, juggling endless auditions, jobs, and commitments—yet I was exhausted, anxious, and broke. In the middle of what should have been my “dream life,” I realized I had lost my joy, my peace, and even my sense of home.

One night, panic took over, and I drove straight from LA back to my parents' home in Texas. There, in the quiet, God began to restore my soul. I spent time with Him, my family, and friends, and I began to see clearly: I couldn't keep running life on my own power. My ambition had become an idol, and I had been forging ahead without truly seeking His will.

As I prayed and reflected, I started “excavating” my life—sorting through my past, my memories, my passions—just as you might empty out a cluttered closet. I kept the pieces that served my new journey and let go of what didn't. In that process, I rediscovered something I'd loved since childhood: organizing. I realized God had been weaving together my creativity, eye for detail, and compassion into something He could use to help others.

In 2020, I launched my professional organizing business, right in the middle of a pandemic. Since then, I've helped clients reclaim spaces that once felt overwhelming—turning chaos into calm, creating systems that work for their real lives, and helping them find peace in their homes.

This guided journal is an extension of that mission. My G.R.A.C.E. method—

**Gather**  
**Release**  
**Aquire**  
**Cultivate**  
**Enjoy**

—will walk you step-by-step through reclaiming your home, mind, and soul. This isn't just about a prettier space (though that's a wonderful bonus); it's about creating room for what truly matters: peace, purpose, and a deeper connection with your Creator.

I've been there, and with God's help, you can create a home that restores your spirit. My prayer is that as you work through this journal, you'll not only see your space transformed but also feel your heart lighten. By the end, you'll have more time, energy, and joy—and a home that reflects the grace you've received.

Are you ready to reclaim your space with G.R.A.C.E.?

Sojourner with you,

*melinda grace*

Gather

Release

Acquire

Cultivate

Enjoy



## Week One: Soul Declutter

*“Therefore, since we are surrounded by such a huge cloud of witnesses to the life of faith, let us strip off **every weight** (emphasis mine) that slows us down, especially the sin that so easily trips us up.”*

### **Hebrews 12:1 (NLT)**

Before we touch a single drawer or shelf, we start here—decluttering our soul and mind. Clutter isn’t only about “stuff.” The weight of our possessions can mirror the weight we carry in our hearts and thoughts. This inner clutter can hold us back from the life God is calling us to live.

Owning things isn’t wrong—God blessed many in the Bible with abundance. But when that abundance becomes a burden or distracts us from our connection to Him, it’s time to take a closer look. Clearing our physical space often opens the door to peace, clarity, and even healing.

This process can bring up emotions—memories, fears, even insecurities. That’s normal. In my experience, working through it can also melt away anxiety and bring a deep sense of calm. By stripping away the “weights” that slow us down (Hebrews 12:1), we create space for joy, purpose, and God’s presence in our daily life.

So, before we start organizing physical spaces, let’s pause. Take a deep breath, invite God into this process, and allow Him to guide you. This week is about preparing your heart and mind for lasting change—so the work you do in your home flows from a place of peace.

# Fact

"...getting organized can also improve anxiety-related symptoms, 'as being disorganized is associated with higher levels of anxiety.'"

**Neha Khorana, Psychologist**

# Prayer

I believe that distraction and isolation caused by a cluttered home can create a cavern in our souls, keeping us from hearing God's voice and being present with ourselves and those we love. I recommend the Christian author, Emily P. Freeman. She wrote a book and has a podcast called "The Next Right Thing." She speaks of "Soul Minimalism," a way to take care of your soul. She asks us, "How am I regularly getting rid of soul clutter I no longer need?" "What would a decluttered soul look like?" And she encourages us that, "Stillness is to the soul as de-cluttering is to the home."

Let's pray through three things:

"Lord, we ask that you come and restore inspiration in our homes. "Restore to me the joy of your salvation and grant me a willing spirit, to sustain me" (Psalm 51:12 NIV). Restore our mental health as we organize the abundance we have; relieve the stress and anxiety that chaos can cause. "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God which surpasses all understanding, will guard your hearts and minds through Christ Jesus" (Philippians 4:6-8 NKJV)."



“We ask for your help to stop conforming to the patterns of this world that can include over-abundance, unthoughtful discarding, and unintentional pollution and waste. “Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think” (Romans 12:2 NLT). Father, we ask for forgiveness for the ways we’ve unknowingly harmed the environmental home you gave us. Help us become more aware of our contribution to the problem and ways we can make changes.”

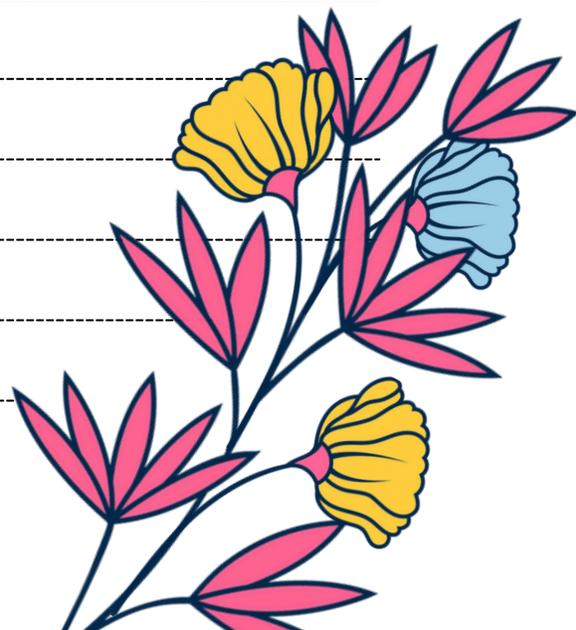
“Father, lastly, we ask for your help in reclaiming our space(s) so that they will be places of order, peace, rest, hope, community, love, and laughter. Give us strength when it gets tough to press on! “...Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us” (Philippians 3:13-14 NLT). In Jesus’ name, amen.”

**Write** your prayer of soul minimalism on the next page.





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# Envision

Are you ready? Do you feel the presence of God holding space for you to conquer your clutter? Then, let's pick a space to reclaim with G.R.A.C.E.!

What space or spaces are stressing you out the most? What space(s) are hindering you?

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**Envision** that space completely organized, styled, & clean.

What does it look like?

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How does it smell?

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How does it make you feel to be in it?

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# Reflect

**Write** your visions below.

**Space(s)** \_\_\_\_\_

**Feeling** \_\_\_\_\_

**Stress Level** \_\_\_\_\_

**Purpose** \_\_\_\_\_

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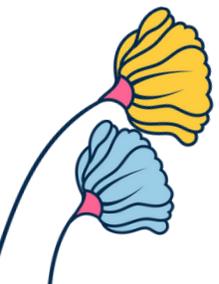
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## Week Two: Gather

“Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty.”

**Proverbs 21:5 (NLT)**

We're ready to begin reclaiming your space by walking through the G.R.A.C.E. method! The first step is GATHER—and yes, it may look a little messy at first. Pulling everything out can feel like creating more chaos, but it's the only way to see what you truly have so you can make wise decisions and set up lasting systems.

In this step, we'll gather three things: **1) Goals** for the space, **2) Organizations** where unwanted items will go, and **3) Items** themselves. As Proverbs 21:5 reminds us, “Good planning and hard work lead to prosperity.” This preparation plants the seeds for your success.

Think of it like sorting kitchen spices: when you see them all together, you can spot duplicates, toss what's expired, and keep only what's useful.

Gathering gives you the full picture so you can move forward with clarity and confidence.

Let the journey from chaos to calm commence!

# Fact

“Setting good goals starts with specificity.”

George T. Doran

## Gather Your Top 3 **GOALS** for the space you organizing:

1.

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2.

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3.

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## Gather Your **ORGANIZATIONS** for Discarded Items:

1.

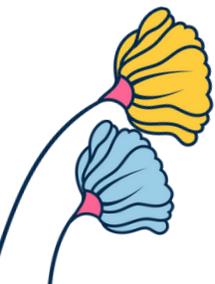
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2.

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3.

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# Gather Your *ITEMS!*

■ **Sorting Bins**

■ **Physical Items**

## Prayer

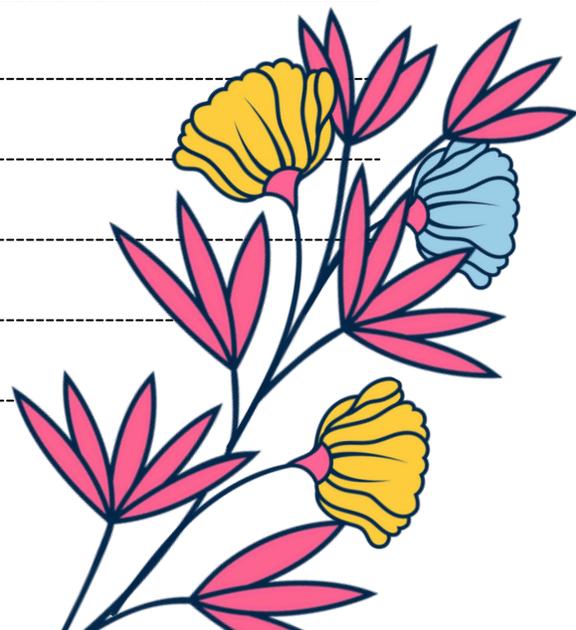
1. Lord, be with me as I GATHER my goals and set my intentions. Let them conform to your will. Lead me down a path that opens up opportunities for me to hear your voice, serve my family and community with clarity, and love all who come across my path. "Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty" (Proverbs 21:5 NLT).
2. Lord, I also ask that you'd be with me as I GATHER the organizations and/or people you'd have me pass my things along to. Guide my thoughts and research to use the giving away or selling of these items to bless someone else on their journey. I ask for you to connect my unwanted items with those who want and need them. "If you need wisdom, ask our generous God, and he will give it to you" (James 1:5 NLT).
3. Jesus, I confess I need your strength to help me GATHER all my items in the area I'm working on. Give me wisdom to sort and categorize in a way that is useful and will show me all the physical blessings you've given to me. Show me where to start and remind me of all the places I have stored things and forgotten about them. "For I can do everything through Christ, who gives me strength" (Philippians 4:13 NLT).







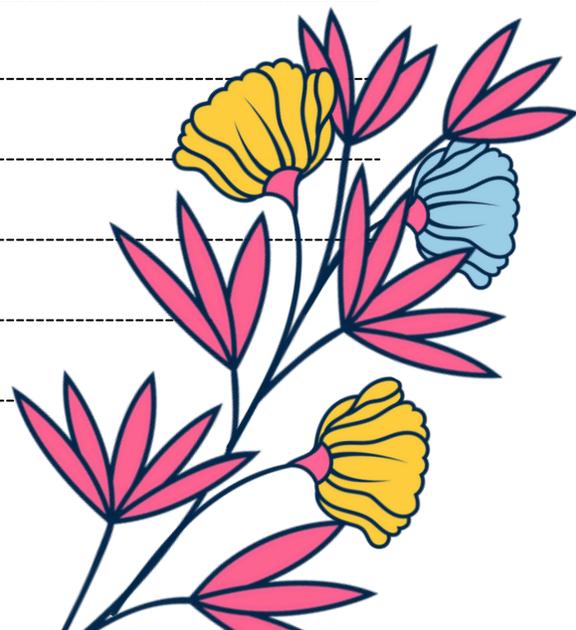
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## Week Three: Release

“For everything there is a season, a time for every activity under heaven. ...A time to search and a time to quit searching; A time to keep and time to throw away.”

**Ecclesiastes 3:1, 6 (NLT)**

The next step in the G.R.A.C.E. method is **RELEASE**—letting go of perfectionism, power, and particular items that no longer serve you. Sometimes this is simple and even fun. Other times, it can be deeply emotional.

I experienced this when I realized I was avoiding my beautiful new office, choosing instead to work at the kitchen table. After some reflection, I discovered the reason: a stack of old journals filled with memories of pain, insecurity, and longing. They represented a version of me I no longer wanted to carry.

With my husband’s encouragement, we burned them in the fireplace one night. As the pages turned to ash, I felt gratitude for prayers God had answered, and even more for the ones He hadn’t. I **released** that anxious, people-pleasing girl and welcomed a confident, God-trusting woman.

Not all “letting go” moments are this dramatic, but the principles remain the same: releasing can be emotional, it may require help, and sometimes it takes time.

Now it’s your turn—what will you choose to keep, and what will you release?

# Fact

"At its deepest level, the prospect of letting go forces us up against our three strongest emotional drivers: love, fear, and rage."

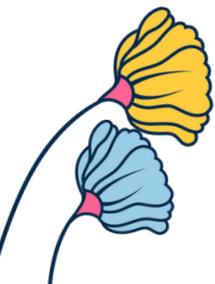
**Psychology Today**

# Release

- Release Your PERFECTIONISM  
"For freedom, Christ set us free. Stand firm then and don't submit again to a yoke of slavery." Galatians 5:1 CSB
  
- Release Your PRIDE  
"I can do all things through Christ who gives me strength." Phillippians 4:13
  
- Release Your PHYSICAL ITEMS  
"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off **EVERYTHING** (emphasis mine) that hinders and the sin that so easily entangles." Hebrews 12:1

Here's a set of reasons to release an item:

- Not used in a year
- You don't LOVE it
- It's broken and you don't want to or have the time to fix it
- It doesn't fit
- There are weird, unwanted, negative, or uncomfortable feelings physically or emotionally



# Prayer

“Heavenly Father, **I release** to You the burdens that I have been carrying, burdens that You never intended for me to carry. **I cast** all my cares upon You—all my worries, all my fears. You have told me to not be anxious about anything, but rather to bring everything to You in prayer with thankfulness.

Father, **calm** my restless spirit, **quiet** my anxious heart, **still** my troubling thoughts with the assurance that You are in control. I let go of my grip upon the things I have been hanging onto, with open hands I come to You. **I release** to Your will all that I am trying to manipulate; **I release** to Your authority all that I am trying to control. **I release** to Your timing all that I have been striving to make happen.

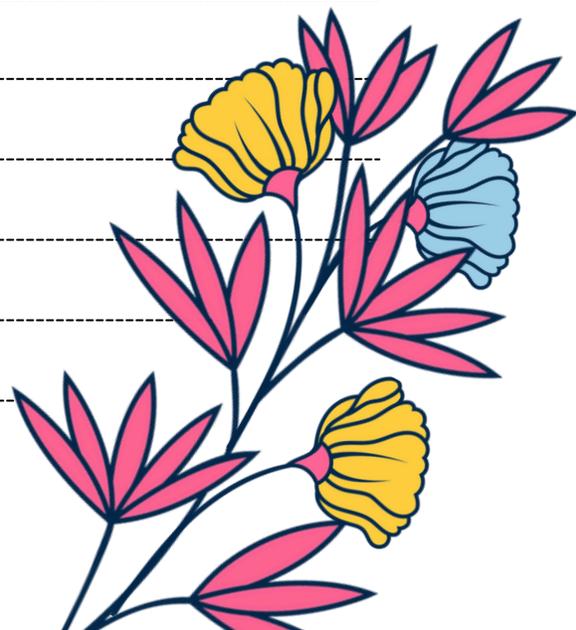
I thank You for Your promise to **sustain** me, **preserve** me, and **guard** all that I have entrusted to Your keeping. **Protect** my heart and mind with Your peace, the peace that passes all understanding. Father, may Your will be done in my life, in Your time, and in Your way.”

— **Roy Lessin**,  
Co-founder of DaySpring  
(largest Christian greeting card company in the world)





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# Deep Dive

**Practice.** Go through all your sorted items and decide what needs to be released. Place those items into the respective bins you gathered in Week 2: trash, sell, donate, recycle, etc.

**Map it!** Plan out when you will do your donation or recycling drop-offs or post items in a selling app and then do it.

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**Return it.** Found items that don't belong in this area? Go ahead and return them to their proper home.

**Journal.** How'd it go?

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## Week Four: Acquire

“A house is built by wisdom and becomes strong through good sense. Through knowledge its rooms are filled with all sorts of precious riches and valuables.”

### **Proverbs 24:3-4 (NLT)**

The “A” in G.R.A.C.E. stands for **ACQUIRE**—the step where we gather the containers, bins, shelving, and other tools needed to give our chosen items a functional and beautiful home.

This is one of my favorite parts of organizing because it’s both strategic and creative. The goal is to **acquire wisely**—choosing only what supports your new organized lifestyle, fits your budget, and works with your space.

When I organized my kitchen spices, I researched storage options until I found the perfect solution: a drawer system with matching glass jars, bamboo lids, and pre-printed labels. It was **simple** to set up, **easy to maintain**, and looked **beautiful**.

The right storage solutions make it easier to keep clutter at bay without sacrificing functionality. You’ve done the hard work of gathering and releasing—now comes the fun part!

Let’s choose tools that not only hold your belongings but also inspire you every time you use them.

# Fact

Did you know that at The Container Store alone, there are over “10,000 innovative and multifunctional solutions designed to simplify customers’ lives, save space and, ultimately, save time?”

**The Container Store**

# Acquire

Some simple tools you might need to acquire include:

- label maker
- labels
- label holders
- post-it notes
- pens
- sharpies

You might want to grab your tape measure now, too! It’s worth taking the time to measure the shelf or drawer for which you want to acquire some bins to make sure they are the right size. If you are buying furniture or shelving, you will need to know the dimensions of the space you are working with. There’s nothing worse than buying something too big or too small!

Acquire **containers, accessories,** and/or **storage solutions** (ex: shelving & shelving systems and furniture.)



# Prayer

Lord, Jesus, thank you for all the resources you've given me to properly take care of the blessings you've given me! Guide me in proper planning of time, space, and money, and lead me to the people and places that will have what is needed to finish this step and create a "home" for the items chosen to live in my house. May each item be a blessing to me, my family, and all who enter my home. May they even be a source of inspiration to bless those around me! Give me wisdom in shaping my space so that it cultivates godliness and contentment. Amen. "But don't begin until you count the cost. For who would begin construction of a building without first calculating the cost to see if there is enough money to finish it?" (Luke 14:28 NLT).

# Reflect

**Journal.** Use this space to draw, collage or list the ideas of items you'd like to acquire for your space. Have fun!

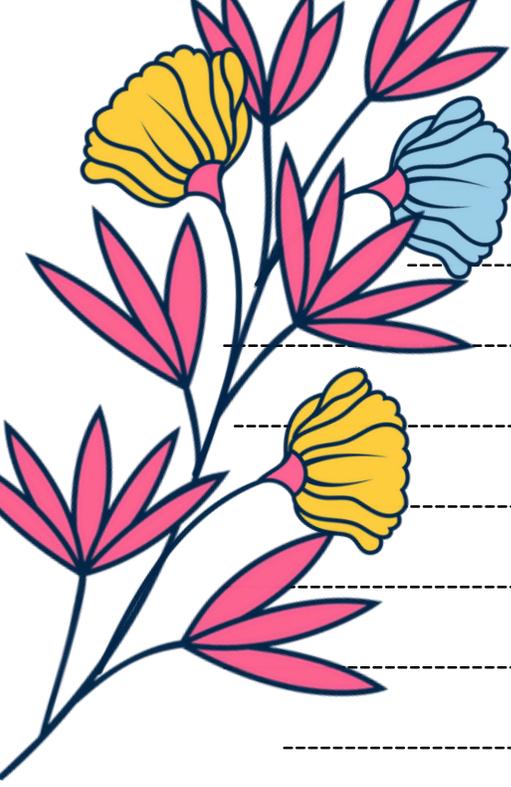
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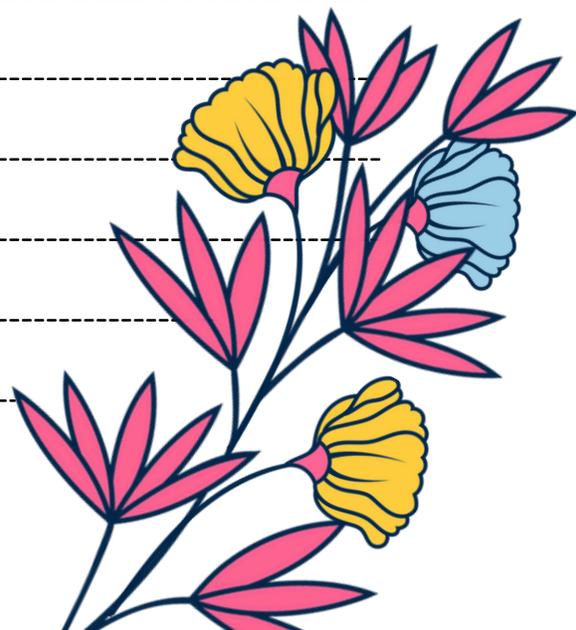
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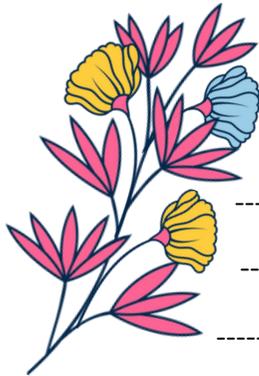
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# Deep Dive

**Assess & Decide.** Choose what containers, accessories, or storage solutions you need, set your budget, and then go **acquire** them! Remember, it doesn't all have to be NEW. Try used or DIY.

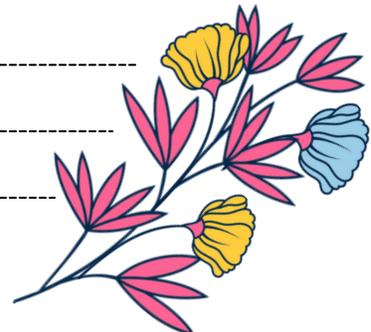
Do you need help finding a solution that fits your budget? Are you overwhelmed and don't know where to start? Pop on over to my **website**. You will find examples of my favorite bins.



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## Week Five: Cultivate

“You have turned my mourning into joyful dancing.”  
**Psalm 30:11 (NLT)**

The “C” in G.R.A.C.E. stands for **CULTIVATE**—to prepare for new growth, tend what you have, and create systems that help you flourish. You’ve already done the hard work of clearing out the “weeds” in your space. Now it’s time to put everything back in a way that supports your life, goals, and God’s plans for you.

Cultivating is about replacing old habits with new ones that give you more time, efficiency, and joy. **Systems** don’t need to be complicated—they simply need to work for you. In my office, I keep personal and business files in separate drawers, have dedicated shelves for donations, items to sell, and supplies, and store books and tools where I use them most.

From last week’s **ACQUIRE** step, bring out the bins, baskets, or containers you’ve chosen. Give every single item a **“home”** where it’s easy to find and just as easy to put away.

Pay attention to your rhythms and patterns: how you use an item, where you use it, and how you return it. Place things in ways that make sense for your life and flow naturally.

This is your **cultivated system**—your unique **“dance”** in your space. Let it reflect both your needs and the life you’re growing into.

# Fact

“Dance is human behaviour composed of **purposeful, intentionally rhythmical** (emphasis mine), and culturally patterned sequences of nonverbal body movement...”

**Judith Lynne Hanna**, *The Performer-Audience Connection: Emotion to Metaphor in Dance and Society*

# Cultivate

## DANCE.

The goal is to be able to find what you need, when you need it, and to be able to put it away quickly. In the organizing world, we call this a system. To understand this abstract concept better, I liken it to a choreographed dance. When the dance is in motion, clutter will not have a chance to build back up again. This dance consists of practical, daily habits and movements that make a massive difference when everyone is on the “same beat.” Like when you watch a dance performance, you can see when a dancer is off, or missed a step, or raised the wrong arm. And you know what they do when that happens? They keep going. They don’t stop the whole performance because they missed a step. As theatre aficionados say, “The show must go on!”

The same is true in your house. The show must and will go on even if you miss a night of doing the dishes. So, give yourself grace as you learn new choreography or revive an old dance routine. Don’t forget to turn on some music and have fun!



# Prayer

Thank you, Lord, for the items you've helped me decide to keep. They are a blessing from you because they help me live out your purpose for my life. Thank you that I have space to store and organize these items. Be with me as I give them each a home. Show me how to place them in such a way that is efficient and supports my family's natural rhythms. Give me discipline to create my organizing dance and to maintain it. I confess that I will need your help to continue to stand firm and to not submit to the power of "stuff and clutter." I call on your love to anchor me and hold me as I CULTIVATE organization and ease during these ever- changing times.

# Reflect

**Write.** Take a few minutes to ponder and write below. Consider the space you are currently organizing. What systems do you need to put in place to help your dance in the space become more efficient? What challenges are standing in your way of cultivating a new organizing dance?

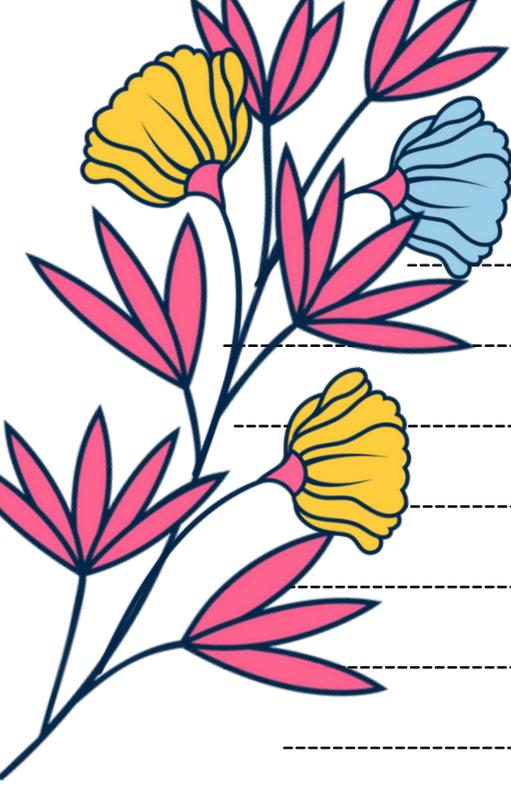
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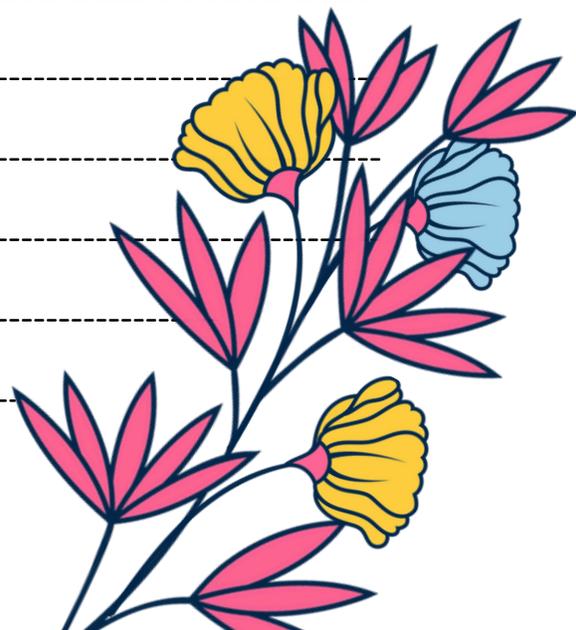
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# Deep Dive

## DANCE.

- Put all your items away.
- Create an organizing system that works for you!
- Take an after photo and share it with me on **Instagram**.
- Bonus:** Curate your space! Revisit your dream space and style and add the finishing touches. Ex: Hang a picture that ties the space together. Add a basket or plant.





## Week Six: Enjoy!

“...there is nothing better than to be happy and enjoy ourselves as long as we can. And people should eat and drink and enjoy the fruits of their labor, for these are gifts from God.”

### **Ecclesiastes 3:12-13 (NLT)**

Finally, we come to the end of our G.R.A.C.E. journey, and it's time to **ENJOY** the fruits of our labors!

CuOur backyard is a tall hill that opens up to the Santa Monica Mountains. The hill is covered in rosemary and is home to gophers, birds, bees, and who knows what else! One night my husband and I were both feeling extremely grateful; so, we hiked up our steep hill to the top, chairs and wine in hand.

We sat at the top of the hill overlooking the neighborhood in front of us—the freeway to the left of us, the gorgeous Santa Monica Mountains and California oak trees behind us. A 360-degree view of gorgeousness! I was enjoying this moment in every part of my body, mind and soul!

After a year of being in our new house, doing all the designing, coordinating, renovating, unpacking, and organizing, my husband and I gave ourselves a reward by taking a moment to **ENJOY** the fruits of our labors and the gifts God had given us!

## Fact

“Studies show that people who got a little treat, in the form of receiving a surprise gift or watching a funny video, gained in self-control. It’s a Secret of Adulthood: If I give more to myself, I can ask more from myself. Self-regard isn’t selfish.

**Gretchen Rubin, PsychCentral**

## Enjoy!

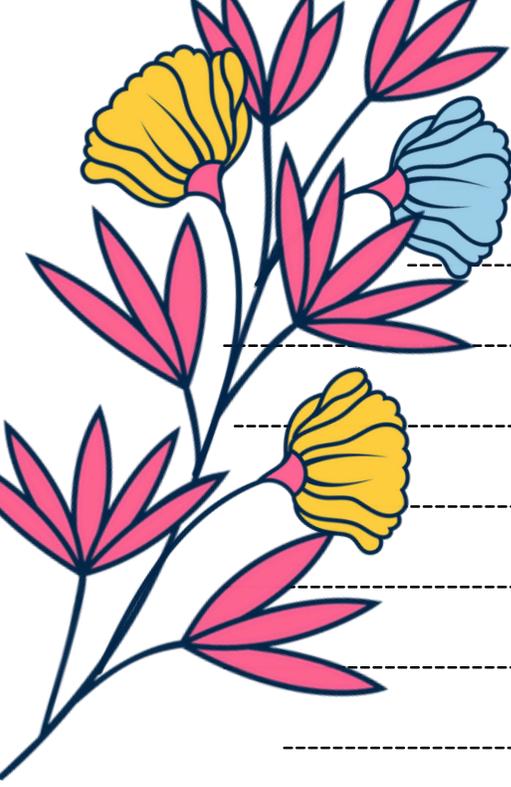
Take time to celebrate and **ENJOY** the amazing work you have done over the last six weeks! Sit in the space and relish how it makes you feel.

## Prayer

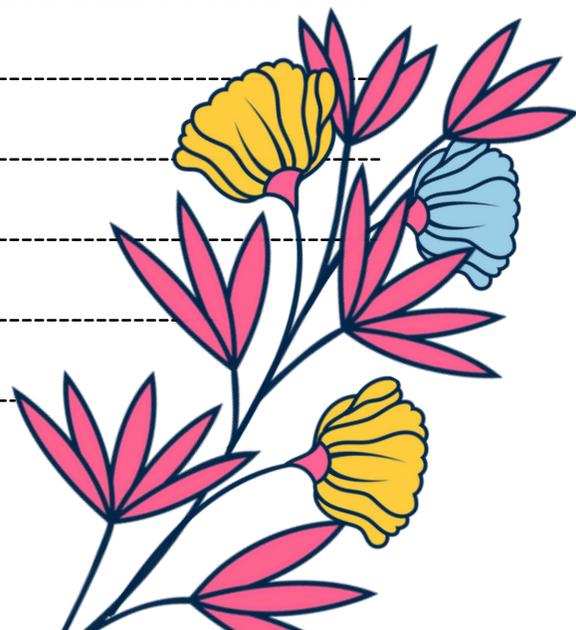
Thank you, Lord, that the plans of the diligent lead to profit. You have helped me to be diligent and conquer my clutter and style my space(s). You have guided me as I literally threw off the physical items that were hindering me from moving forward in my life goals and my relationship with you. Thank you for setting me free from the bondage of needless, worthless physical clutter. I praise you for the gift of space and for the chosen items in this space. I see that it is very good! I praise you for my new clarity of purpose, renewed relationships, increase in energy, and the calm that I feel in this moment. Lord, Jesus, I am grateful for your mercies that are new every morning and that lead me to a newfound freedom and focus. Amen.







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# Deep Dive

**STOP!** Take a moment to *ENJOY* your newly organized space.

**Share.** If you're feeling brave on social media, post a pic on [\*\*Instagram\*\*](#), tag me, and use **#mgograce** so I can celebrate with you!

**"TREAT Yo Self!"**

- Pick a reward that is celebratory to you and give that treat to yourself!

## My Reward:

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- Write about the reward experience and how it made you feel.

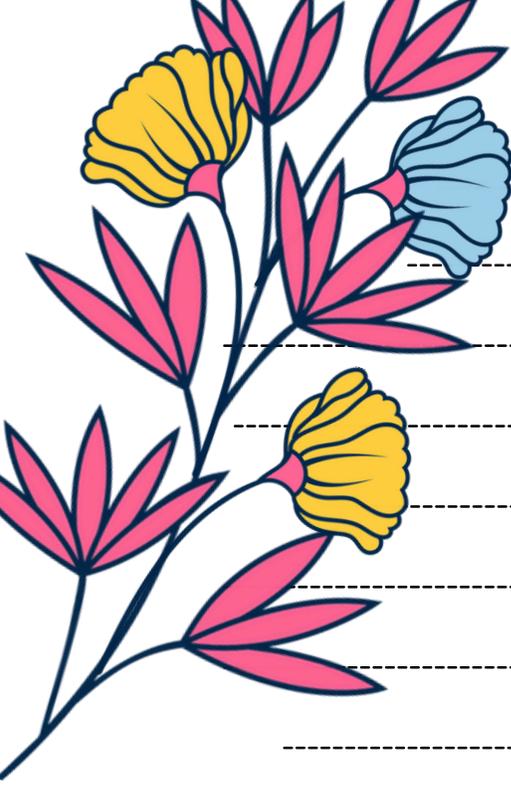
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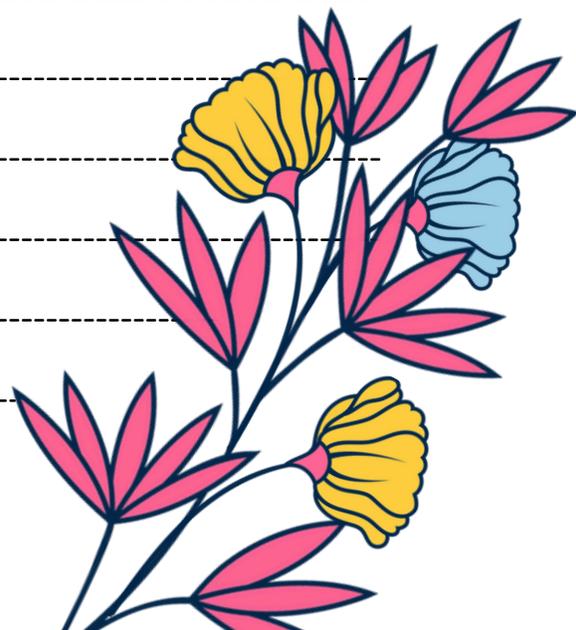
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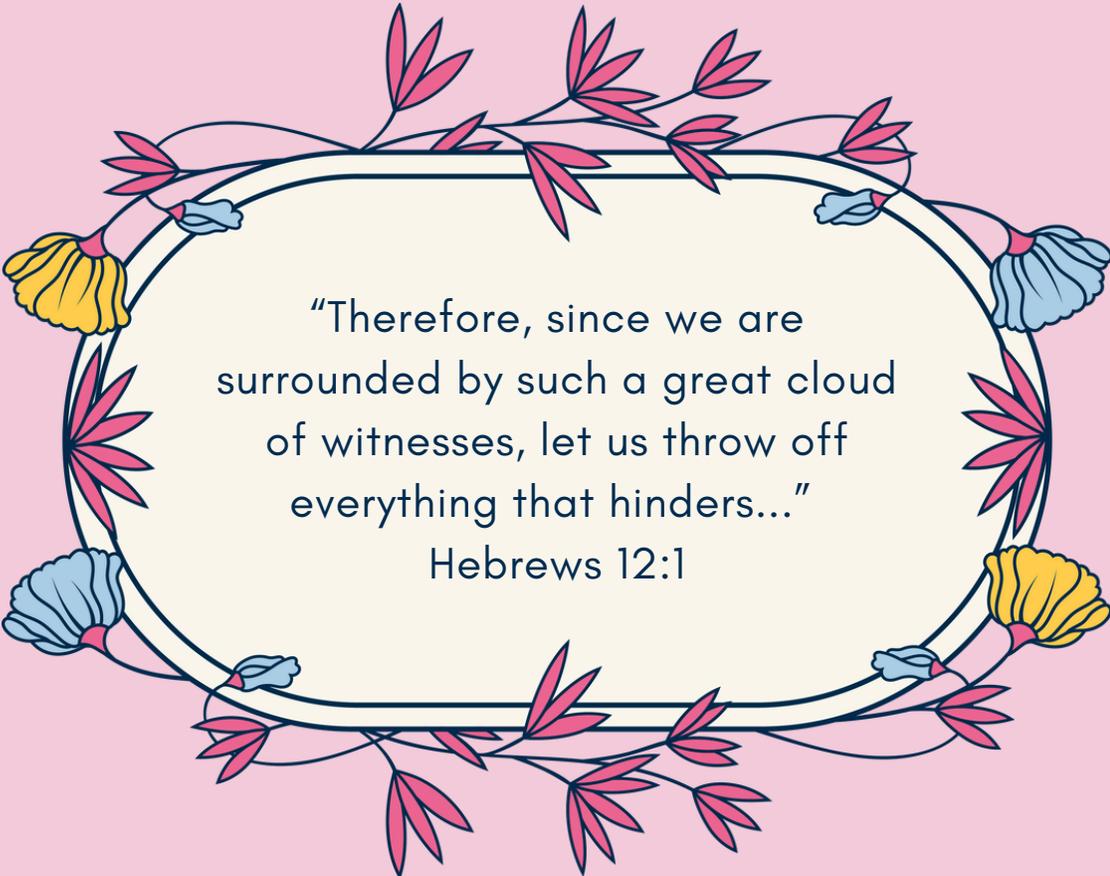
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"Therefore, since we are  
surrounded by such a great cloud  
of witnesses, let us throw off  
everything that hinders..."

Hebrews 12:1