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## Be Messy: A Journal to Aid in Embracing the Messiness (Paperback)

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By Aletheia Schmidt, Heather Westbrook

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Many of us are allergic to messiness. We want to rid ourselves of physical clutter in our homes, cars, and offices-and of emotional and spiritual clutter in our hearts and minds. We want our lives to be clean and organized, perhaps even perfect. What if we began to look at messiness in a new way? What if we would allow room in our lives and space in our hearts for the mess? What if we would even befriend it? What if instead of instantly trying to fix and correct it, we met our messiness with gentleness and compassion? What difference might that make? Be Messy is a journal of untraditional, hands-on, and creative ways to explore messiness. Organized into three sections--Play, Process, and Celebration-this collection is a safe, fun, and comprehensive tool for all who are longing to engage with and invite God into the messiness of our lives.



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