THE ROOM RESET

Questions and prayers for making room
to love God well, love others well, and love ourselves well.

From Christian Minimalism:

Practicing a Less Cluttered Life

Marshall Dunbar, D.Min.

Use these pages on their own or alongside the book or audiobook. Print the sections you need, write at your own pace, and return whenever you want to reflect again.

The four sections

Wake Up • See Clearly • Discern With Love • Recenter And Return

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WAKE UP

Notice the room before you try to rearrange it.

This is not a test, and you do not have to answer every question. Move slowly. Write only what helps you become more honest before God.

What currently feels crowded, noisy, or difficult to move around?

What have I stepped around or over long enough that it now feels normal?

Where do I feel most tired, distant, or unable to be present?

What do I sense God inviting me to notice?

PRAYER

God, wake me gently. Help me notice what I have ignored without turning awareness into shame. Amen.

SEE CLEARLY

Let the light reveal what is present without rushing to move it.

What is hidden, dim, out of place, or neglected?

Is something good occupying the wrong place or taking up too much room?

What might I need Scripture, prayer, or a trusted set of eyes to help me see?

The Love Filter

Does this help me love God well?
Does this help me love others well?
Does this help me love myself well?

One thing I want to see more honestly is:

PRAYER

God, give me light enough for the next faithful step. Help me see with truth, mercy, and love. Amen.

DISCERN WITH LOVE

Choose no more than one item for each category. Leave a space blank if the answer is not yet clear.

Do not panic-clean. Recognizing that something may be clutter is an invitation to discernment, not an automatic decision to remove it. People are not clutter, though access, boundaries, habits, and arrangements may need to change.

Release

What may need to leave because it repeatedly interferes with love?

Reserve

What still carries value, but does not belong in active use right now?

Restore

What has been neglected and may deserve renewed attention or care?

PRAYER

God, keep me from fear-driven decisions. Teach me what love requires in this season. Amen.

RECENTER AND RETURN

Translate what you have noticed into one intentional movement.

What has been occupying the center of my attention, desire, or energy?

What would it look like to arrange this part of my life around God?

One next step I can take within the next seven days:

RECENTER AND RETURN

Translate what you have noticed into one intentional movement.

One rhythm I want to protect:

One person who can offer wise support without taking control:

I will return to this reset on:

If you miss the rhythm, return without shame. The room does not have to remain perfect to remain open to God.

PRAYER

God, remain at the center. Give me grace to return, wisdom to tend what you have entrusted to me, and room to live, room to love, and room to dance. Amen.