

**5 Minutes on Faith**  
**Finish Strong in 2024 - Day 23**  
**Episode #171**

Monday, December 30, 2024

**Out with the OLD!**

Matt 9:16 No man puts a piece of new cloth into an old garment...”

We are wrapping up the end of 2024 and it is time to clean out the old and unburden ourselves from debris that has accumulated in our homes, lives and perhaps relationships.

Think about starting a new year like putting on a fresh new garment. We don't want to diminish it with anything that is old and worn out.

I personally am purging my office of what I consider to be massive amounts of books, old paperwork, documents etc. that are no longer pertinent in my life. As I go through the vetting process, I am quite amazed on how much I have accumulated but am no longer interested in keeping. All these items are weighing me down in two ways: they are no longer beneficial in feeding my spirit and they are quite dense in physical weight.

2025 is a new year and we need a clean slate to take it on. Many fantastic and amazing things will be happening in the coming days. We must have our hearts, minds and environments prepared to embrace what is coming next.