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# Having A Martha Home The Mary Way: 31 Days To A Clean House And A Satisfied Soul



## Synopsis

Get your home and your heart in order in just 31 days! Sarah Mae wants to let you in on a little secret about being a good homemaker: It's not about having a clean house. She'd never claim to be a natural, organized cleaner herself •yet, like you, she wants a beautiful space to call home, a place where people feel loved and at peace. Where people can really settle in with good food, comfy pillows, and wide-open hearts. Is it possible to find a balance? To care for your heart •and your home• at the same time? Journey with Sarah Mae on this easy, practical 31-day plan to get you moving and have your house looking and feeling fresh. But even more than that, you'll gain a new vision for the home of your dreams, and how to make it a place of peace, comfort, and community. Originally published as the e-book *31 Days to Clean* and now revised and expanded in print for the first time, *Having a Martha Home the Mary Way* will inspire you to find a happier, healthier . . . cleaner way to live.

## Book Information

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## Customer Reviews

I found this book to be so refreshing and inspiring to me as a wife and mother, especially as someone who DESPISES to clean! I really felt that Sarah Mae's story resonated with me, as it's pretty much the same story as mine. I went ahead and read through the whole book without committing to clean anything. I wanted to see how I felt about her plan. I was not looking for anything that felt condemning or legalistic. I also wasn't looking for anything that went against the policy of "scruffy hospitality" that my husband and I have adopted, which basically means opening

up our home to anyone who is seeking fellowship regardless of whether it's clean or not. I was so pleased to discover that this book is not condemning, and would completely align with the idea of scruffy hospitality, while nudging me toward eventually getting things a bit tidier, bit by bit, not to please anyone else, but simply as a gift of sanity to the people in my family that God is urging me to love. I love that the author encourages women to show ourselves grace, especially in certain seasons of life. For example, I have a small baby who doesn't sleep, so when I begin Sarah's plan, it will probably look like "62 days to clean." I found the cleaning schedule to be doable, and the "Mary" section (Bible study) to be very soul-nurturing. The most important takeaway from this book to me, is the idea that a clean home can be a way of serving God, not because I will be striving to live up to other people's ideals (or imagined Godly requirements) but rather, as a way to offer a home that can be used for His service; while "scruffy hospitality" is great, it's important to make sure that folks have a place to sit, which is hard when the sofa is completely covered in laundry! Fantastic book - highly recommended! Disclaimer: I received a copy of this book from the publisher for review purposes. I was not required to write a positive review, and all opinions are my own.

Written from the perspective of a close friend, Sarah Mae's gentle homemaking book is filled with encouragement and motivation. Whether you are someone who is regularly organized and wants to do some purging of your closets, or a woman who often feels overwhelmed with daily cleaning tasks, I'd recommend this book to you! I have perfectionistic tendencies and can be very organized. However, I also get stressed out easily and have a hard time staying on top of a regular cleaning schedule. I look at my house and think of all the projects I should do, such as painting or deep cleaning something, but looking at the piles of laundry around and a sink full of dirty dishes depletes me from doing extra tasks. This book has helped to free me! It has really inspired me to get my heart and home in order, make a weekly cleaning schedule, and ultimately, have realistic expectations but without expecting perfection and in the softness of grace. (This is a quote from the book about making your personality work for you). Each day Sarah writes about a different topic that is related to cleaning. She genuinely shares stories from her own struggles and helpful tips that energize her readers to take action. For example, one day you discover your cleaning style, another day focuses on purging, while another day she speaks of distractions that keep us from our goals. At the end of each chapter, there is a Mary challenge and a Martha challenge. The Mary challenge starts with a Bible verse and then asks questions to focus your heart and sometimes to respond to short, yet poignant questions. The Martha challenge is where you take action with a daily, manageable

cleaning or organizing task. The tasks are very specific; however, they are easily adaptable no matter your season of life or how many rooms you have in your home. I personally love cleaning and organizational books, but I must say this is a favorite of mine. Generally, when I've read a book of this nature I may take note of one or two concepts to apply and then pass the book along to someone else. Not this book! This is a book I know I'll want to return to on a regular basis. This book really helps you to prioritize your time, but never out of guilt. Sarah's tone is so friendly that it motivates me even more to get off the couch and get moving. Also, I love how the book is divided into doable tasks, so even for busy days most can be completed in small chunks of time. I can go forward now to stay on top of my cleaning, but return to Sarah's wonderful book when I need a boost!

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