

Biography for Shannon Upton, Christian Speaker, Author, and Blogger

Shannon Upton wants to help you clear out your spiritual clutter and make room for joy!

Shannon is an organizer who, as a child, used to dream of perfect closets. Once she married and became a mom, she started learning about the benefits of functional, realistic organizing! Now she's a dedicated wife and mother of three with a passion for living life intentionally for Christ—but she knows that we all face the stumbling blocks of insecurity and anxiety.

During her four-year struggle with a clinical anxiety disorder, Shannon began using organization as a tool to fight anxiety and usher peace into her home and heart. Through this experience, she developed the concept of spiritual clutter and learned how to overcome it with a little organization... and a heart of surrender to the Lord. Now she loves to help women just like you become just “organized enough” to truly enjoy life.

Her favorite ministry role by far is that of a speaker, informing and entertaining audiences while sharing her ministry message. Shannon is a teacher at heart—as a former high school teacher, she's trained to guide you as you clear out the clutter in your schedule, home, and spirit.

Shannon is the author of *Organizing You* and *Building Your House*, Biblically-based self-help books that will teach you how to clear out your own spiritual clutter. She has written two *Organizing You* group Bible studies, blogs, and offers several tremendous resources to help you live in Christ's abundance. She's also an encourager who loves to share organizing ideas, prayers, and scriptures through social media. (She admits to being slightly addicted to Pinterest.)

Shannon believes that the Lord allowed her to struggle with clinical anxiety, and then healed her of it, for His purpose. She wants to help you clear out your spiritual clutter so you can fully enjoy your family and grow closer to the Lord. Come and join her at our event—you will be blessed!

