

Wednesday Word 3/11/2026

**1 Peter 2:2** “Like newborn babies, long for the pure milk of the Word, so that by it you may grow in respect to salvation.”

Growing up, my grandparents on my father’s side owned a house on the desert in Lake Havasu, Arizona. It was a fun place to visit because they had many desert creatures that would come up to the house. While I was not fond of scorpions or black widow spiders, the desert was home to many different lizards, bats, and road runners.

Now, to understand my grandmother was to understand her biggest fault: She thinks all animals are cute and must be fed (even raccoons and coyotes). Her favorite animal to feed was a roadrunner that she named “Billy.” He would creep up to the pool deck and wait for her to bring out rolled-up balls of ground beef. She would feed him twice a day and this wild road runner knew where to wait and what time to wait. Billy came to her house for years. While many in the family believe there were multiple road runners, my grandma was convinced it was always the same one.

While my grandmother has been gone for almost 15 years now, these stories of her feeding Billy (and other critters) always bring a smile and a laugh when the family members get together and reminisce.

It did make me think about what things in my life I am feeding. The things I feed always seem to become “permanent residents” in my life. If I feed good disciplines, spiritual habits, and healthy exercises, I tend to move toward God and healthy outcomes. But if I feed poor discipline and toxic desires, they become a part of my routines. It’s like a spiritual diet for health or sickness.

This takes a conscious choice- to feed myself with things that are good, godly, and righteous. When I do, I will see my mind, body, soul, and spirit remain healthy. If not, I go in the opposite direction.

Let’s make a conscious choice this week to examine what we are feeding ourselves and seek the Holy Spirit’s help to make changes if needed.

I love you and God loves you!

Pastor Eric Lundberg