

Wednesday Word July 8, 2026

1 Peter 5:6-7 “Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.”

Last week I told the story of a friend whose family had a home on a golf course and some of the misadventures we had as young teens. This week I want to tell a story about the same friend, the same golf course but different adventures.

One early fall afternoon we were exploring some woods near his house in Federal Way and we found a large drainage tunnel that was made of concrete that went deep into the hillside. It was about 4 and 1/2 feet in diameter, so it was just big enough to crouch down and walk through. Being as smart as we were at 14 years old, we walked right in. What we discovered was a network of drainage tunnels that ran underneath the golf course. For what seemed like miles, each tunnel was connected to a larger exit shaft with a ladder that climbed up about 15-20 feet to a manhole cover with a grate big enough for water to flow down the shaft, into the network of tunnels and eventually out into the wooded gully we had found the entrance to. We would wonder for hours inside these tunnels and have some fun yelling at people walking above who would never think to look down the drainage cover for people in the “sewers”. While it was not very smart as those drains can get very full very fast, it made for a great memory.

This made me think of my inner spiritual life and how I flush out or get rid of things that are not healthy or holding us back from truly surrendering to Jesus. Our God has created so many opportunities through Biblical practices of confession and repentance that we truly have no excuse to carry anything that will not bring us closer to Christ.

Let’s consider this week what things in our life to we need to spiritually “flush out” and how we can create good godly habits that will keep these habits in place.

I love you and God loves you!

Pastor Eric Lundberg