

Wednesday Word 4/22/2026

*“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” – Galatians 6:9*

Every year come baseball season, I have a seasonal addiction that flares up: Sunflower seeds. With my three sons playing baseball, we have a game and or practice just about every weeknight. My sunflower seed addiction has gotten so out of control that I cannot go to a practice or game without a fresh and full bag of seeds. Now to the best of my knowledge, sunflower seeds are biodegradable and will dissolve into the earth over time. I have noticed that it may take a week or two for this to happen.

Last night I took my son to practice, put in my headphones, and dug into a bag of seeds. As I was enjoying them, I noticed that there were still seeds on the ground from the previous week when I was in the same spot enjoying seeds. In fact, there were seeds all over the grass from my last bag. It seems that I have begun to leave traces of my seed passion wherever I go.

This got me thinking: Am I leaving traces of my relationship with Jesus wherever I go? Do people know me as a follower of Christ? Have I built this type of reputation within my family and community?

As I looked at the pile of seeds, I thought: What would be the “seeds” of faith I would leave for others to see? I honestly believe the best seeds we can leave are our behavior in community functions, our tone when speaking into frustrating situations, and how we treat retail workers. I know it sounds weird, but I believe it is true. And when people discover that we are followers of Christ, true followers of Christ, the seeds will be desirable to them as well.

Ask yourself this question this week: How am I leaving seeds of faith around me? Am I being a good ambassador for Jesus in my circle of influence?

While the lesson is simple and silly, I do believe it can have a major impact for Christ in the world around us!

I love you and God loves you!

Pastor Eric Lundberg