

Wednesday Word 6/11/2025

2 Corinthians 2:11 *“So that we would not be outwitted by the satan; for we are not ignorant of his designs.”*

When I was in 7th and 8th grade, my private school opened a self-defense academy that taught American Kenpo. This was an American offshoot of Karate that was more focused on self-defense tactics and showcase forms. I practiced for three years, and it was some of the funnest, and rigorous, times in my younger years.

Like most martial arts, there was a belt system you would work toward as you advanced through the training ranks. All students would start with white belts and move up toward three levels of brown and ten levels of black. There was a two-hour test to advance to the next belt and each test would get progressively harder. When I tested for my blue belt (Fourth belt) one of the challenges was hand-to-hand combat against four other students for a time of 5 minutes. This is a hard challenge because the adrenaline wears off after a minute or so and then you are exhausted and mostly just get beat up for the last few minutes. When my turn for this challenge came, I developed a strategy that was to take punches for the first minute and then, once my opponents were tired, I would then focus on the strongest opponent and wear him down until I could control the situation.

This seemed like a good plan to me. I am not sure it worked out how I wanted because I walked out of the test exhausted, sore, and weary. But I do remember my opponents being tired and sore as well. One of the opponents was my partner in class and I knew I needed to wear him down first. I focused on him and let the other three tire themselves out. I ended up passing the test and receiving my purple belt.

This test I went through can be like the spiritual battles we face daily. We have temptations, distractions, and schemes of the enemy coming at us from many different areas of our lives. This can get overwhelming. I have learned that it is important to focus on the bigger issues that have the direst consequences to being distracted by things that don't matter as much.

We can get so focused on issues that have no real value or that are little snares that trip us up that we fail to focus our hearts on allowing the Holy Spirit to strengthen us to overcome the bigger issues of life and of the spirit. Simple offenses or struggles can arise, and we focus all our energy on those things, many times things we cannot control, that we fail to recognize the real issues that we need to surrender at the foot of the cross and allow Jesus to remove them from our lives.

We have been given victory in Jesus, and we need to remain steadfast in the battle and not be sidetracked or distracted by things that pull us away from healing and freedom from the true issues.

Let's consider this week what deserves our attention in prayer, repentance and spiritual warfare and what is simply not worth our effort. The Holy Spirit will lead us!

I love you and God loves You!

Pastor Eric Lundberg