

Wednesday Word 9/9/2026

Romans 8:1-2 *“There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you[™] free in Christ Jesus from the law of sin and death.”*

I have been working in construction for all my adult life. I started working in house repair and insurance claims and damage and worked my way into high-end homes and remodels. I ended up finding my niche in the fencing industry around 2008 and have stayed in that lane mostly since. As I have gotten older and my ministry has grown, I don't have as much time or need to build fences, but I try to do a few throughout the year just for exercise, extra cash and it's a great opportunity to shine a light for Christ.

So much of fencing is replacing old fences that have rotted and made the fence grow moss and eventually fall over. The main issue for anyone needing a fence replacement is pine needles have built up along the base of the fence and have not been cleared thus building up moisture and causing the fence bottom to rot. I have seen it hundreds of times. I tell homeowners that if they just rake back the dirt, leaves and pine needles from the base of the fence, it will add many years to it. However, if they fail to do simple maintenance, it will cause the fence to rot and need repairs far before it should.

Our spiritual lives can be very similar. If we would just do simple maintenance on our hearts and spirits, raking back the toxic thoughts, bad attitudes and unhealthy behaviors, our spirits would remain strong and close to Christ. But if we neglect the simple things, they will cause much bigger issues in the long run.

I think the best maintenance we can do for our hearts is to be honest with ourselves before our God and allow the conviction of the Holy Spirit to lead us. Remember, conviction is the voice of the Holy Spirit leading us away from temptation. Condemnation is the voice of the enemy trying to heap guilt and shame into our lives. Conviction leads us to God for healing and wholeness; Condemnation leads us to hide from God like Adam and Eve in the Garden.

Let's make a habit of tuning our spiritual responses to the conviction of the Spirit so we stay close to Jesus!

I love you and God loves You!

Pastor Eric Lundberg