



FRIDAY WORDS

JULY 10, 2026

There are a lot of things that go after our “hearts.” The number of distractions seems almost limitless and if we are not alert, we will quickly find our hearts pulled in places we never imagined possible.

The most dangerous thing that can happen is that our hearts aren’t pulled to necessarily awful things but lesser things. We find ourselves simply wasting away; spending hours scrolling on our phones, mindlessly pursuing nothing in particular.

This is a tragic outcome because time is one of the most valuable gifts that God gives us, to waste it simply because we aren’t attentive to the reality of the situation is a disaster.

So, we all would do well to engage in the battle for our hearts that must be fought every day. Or as the Scripture says, “Guard your heart with all diligence.”

Plan, be alert, be attentive, and actively pursue those things which will grow your soul rather than shrink it.

You’re always pursuing something. Make sure what you are pursuing matters. Make sure you’re pursuing Christ.