

February 16, 2026

## FOUNDATION BEFORE FEELING

**February Series:** Rooted and Renewed

**Weekly Focus:** From Healing to Stability

**Scripture:**

**Matthew 7:24-** *“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”*

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### Devotional Reflection

Jesus makes something very clear: stability is not built on what we hear — it is built on what we practice. Many believers love moments of clarity, insight, and encouragement. But foundations are not formed in moments. They are formed in repetition. The wise builder is not the most inspired person in the room; it is the one who consistently lives what has been revealed.

After seasons of healing, it can feel natural to relax spiritually. The pain has eased. The pressure has lifted. But this is actually the moment when practice matters most. Healing opens the door, but practice reinforces the structure. What God has touched in your heart now needs daily reinforcement in your life.

Foundations are formed quietly. They are built in ordinary days, small decisions, and repeatable obedience. You may not feel dramatic growth happening, but every time you respond differently, choose truth again, or return to what God showed you, something underneath you is strengthening. Stability is being formed even when emotion is not present.

Today is an invitation to value consistency over intensity. God is not asking for perfection — He is forming foundation. What you practice faithfully is becoming what you will stand on later. You are being built to last, one steady step at a time.

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## Focus for Today

### Foundation Through Practice

#### Practice

- Identify one truth God has recently highlighted
  - Ask: *“How can I live this in one small way today?”*
  - Choose one simple, repeatable response
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#### Prayer

“God, thank You for the work You have already begun in me. Help me not just appreciate truth but practice it. Strengthen my foundation through small, faithful steps. Build in me what will last. In Jesus’ name, Amen.”

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#### Reflection Question

What small practice might God be using to strengthen my foundation right now?