

February 19, 2026

BUILDING ON THE RIGHT FOUNDATION

February Series: Rooted and Renewed

Weekly Focus: From Healing to Stability

Scripture:

1 Corinthians 3:11- *“For no one can lay any foundation other than the one already laid, which is Jesus Christ.”*

Devotional Reflection

Paul makes a powerful and clarifying statement: **no one can lay any foundation other than the one already laid, which is Jesus Christ**. This reminds us that lasting stability does not come from effort, personality, or spiritual activity — it comes from what our lives are built upon. Many things can look strong for a season, but only the right foundation produces lasting strength.

It is possible to be sincere and still be building on something unstable. We can build on emotion, performance, approval, or even past spiritual experiences. But anything built on shifting ground will eventually feel the strain of pressure. Jesus is the only foundation that can carry the full weight of our lives — emotionally, spiritually, and practically.

God’s goal is not just visible growth but **structural integrity**. He cares about what is underneath your decisions, your reactions, and your rhythms. When Christ is truly the foundation, stability begins to show up in everyday moments — in how you respond to stress, how you handle uncertainty, and how you remain grounded when emotions fluctuate.

Today is an invitation to gently examine what your life is resting on. Not with condemnation, but with clarity. God is faithful to strengthen what is built on Christ. When the foundation is secure, growth does not have to be frantic — it can be steady, peaceful, and built to last.

Focus for Today

Foundation Check

Practice

- Ask God to reveal what you have been leaning on most
 - Notice where pressure tends to shake your stability
 - Recenter intentionally on Christ as your foundation today
-

Prayer

“God, help me build my life fully on Christ. Reveal anything in me that is resting on unstable ground, and strengthen my foundation in You. In Jesus’ name, Amen.”

Reflection Question

What have I been leaning on that God is inviting me to place fully on Christ?