

February 21, 2026

## ROOTED FOR THE LONG RUN

**February Series:** Rooted and Renewed

**Weekly Focus:** From Healing to Stability

### Scripture:

**Colossians 2:6–7** *“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”*

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### Devotional Reflection

Paul urges believers to be rooted and built up in Christ. Rootedness speaks to depth, not speed. Healthy roots develop quietly beneath the surface, often long before visible growth appears. In the same way, God’s work in your life may feel slow at times, but slow does not mean stagnant. He is establishing strength that will sustain you for the long run.

Many people desire quick change, but God prioritizes lasting formation. Rapid growth without deep roots cannot withstand pressure. This is why God often works beneath the surface before expanding what is visible. He is far more committed to your stability than to your speed. What feels hidden right now may be some of the most important work He is doing.

Rooted lives learn to value consistency over intensity. Small, faithful choices — returning to prayer, choosing trust, practicing truth — may feel ordinary in the moment, but they are quietly strengthening your foundation. Over time, these repeated choices create spiritual weight and emotional steadiness that cannot be easily shaken.

Today is an invitation to honor the slow work of God. You do not have to rush what He is carefully growing. Stay planted. Stay connected. What God roots deeply, He is able to sustain fully. Your steadiness tomorrow is being formed by your faithfulness today.

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## Focus for Today

### Deepening Spiritual Roots

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## Practice

- Identify one practice that keeps you connected to Christ
  - Commit to it again today, even if it feels small
  - Thank God for the quiet work happening beneath the surface
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## Prayer

“God, root me deeply in You. Help me value steady growth over quick results. Strengthen what You are building in my life. In Jesus’ name, Amen.”

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## Reflection Question

Where is God inviting me to stay rooted instead of rushing ahead?