

May 4, 2026

What Are You Rooted In?

May Series: Built Different

Week Focus: Rooted And Built Up

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...”

Devotional Reflection

Everything in your life grows from what you are rooted in. Scripture calls you not only to believe in Christ, but to continue living in Him—rooted in Him. This means your life is not sustained by occasional connection, but by consistent attachment. What you stay connected to will ultimately shape how you live.

Roots determine source. They determine what feeds you, what strengthens you, and what influences your growth. If your life is rooted in pressure, fear, or inconsistency, those things will begin to shape your responses. But when your life is rooted in Christ, His truth, His presence, and His ways begin to form your thinking and your actions.

Being rooted is not always visible. Much of what God is doing in your life happens beneath the surface. While others may only see what is outward, God is developing something deeper within you. He is strengthening your foundation so that your life is not easily shaken.

Many times, we focus on what we want to see change externally, but God begins internally. He builds your life from the inside out. What is being established below the surface is what will support what is seen above it. Lasting growth always begins with deep roots.

Today, take time to evaluate what you are rooted in. What is feeding your thoughts? What is shaping your responses? The life you are building is directly connected to what you are rooted in. Choose to remain grounded in Christ, because what you are rooted in will determine how you grow.

Focus for Today

I am rooted in Christ.

Practice

- Identify what has been influencing your thinking
 - Realign your focus toward God
 - Stay intentional in your connection
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Prayer

Lord, help me stay rooted in You so my life is built on a strong foundation. In Jesus name, Amen.

Reflection Question

What is currently shaping my thoughts and responses the most?