

May 9, 2026

Strong Enough to Stand

May Series: Built Different

Week Focus: Rooted And Built Up

Scripture – Jeremiah 17:7–8

“But blessed is the one who trusts in the Lord... They will be like a tree planted by the water... It does not fear when heat comes...”

Devotional Reflection

A life that is rooted deeply becomes a life that can stand firmly. Jeremiah describes a person who is planted and connected to a steady source. Because of this connection, they are not shaken by pressure or overwhelmed by difficult conditions. Their stability comes from where they are rooted, not from what they are facing.

Pressure is a part of life. Challenges will come, and circumstances will shift. But when your life is rooted in God, pressure does not have the power to uproot you. Instead, it reveals the strength that has been built within you. What is established beneath the surface determines how you respond when things become difficult.

Many times, we think strength means avoiding difficulty. But true strength is the ability to remain steady in the middle of it. A rooted life does not panic under pressure or collapse when things feel uncertain. It remains grounded, stable, and secure because it is connected to a reliable source.

This kind of strength is developed over time. It comes from staying connected, remaining consistent, and allowing God to build your life from within. What you have been developing throughout this week is preparing you to stand when pressure comes. Strength is not formed in a moment—it is built through consistency.

Today, recognize the strength that is being formed in you. You are not as easily shaken as you once were. You are becoming more stable, more grounded, and more consistent. What God is building in you is making you strong enough to stand.

Focus for Today

I am rooted and I will stand.

Practice

- Reflect on how you've responded to pressure this week
 - Identify where you've grown in stability
 - Stay connected to what strengthens you
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Prayer

Lord, help me remain rooted in You so I can stand strong in every situation. In Jesus name, Amen.

Reflection Question

How has my response to pressure changed as I've grown?