

May 13, 2026

## Stay, Don't Restart

*May Series: Built Different*

*Week Focus: Remain and Grow*

**Scripture – John 15:4**

“Remain in me, as I also remain in you...”

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## Devotional Reflection

One of the greatest challenges to growth is not starting—it's staying. Many people begin with good intentions, strong motivation, and clear focus. But over time, inconsistency sets in. Instead of staying connected, they find themselves restarting again and again. Jesus does not say “restart in me”—He says remain.

Remaining requires commitment beyond emotion. There will be days when you feel focused and days when you don't. There will be moments when growth feels strong and moments when it feels slow. But growth is not built on how you feel—it is built on your decision to stay connected.

Restarting often feels productive, but it can actually interrupt progress. Each time you stop and start over, you lose momentum. But when you stay, even imperfectly, your life continues to develop. Remaining allows what God is building in you to deepen over time.

Consistency does not mean perfection. It means you keep showing up. You stay connected even when it feels routine. You continue even when it feels slow. This is how your life becomes stable and how growth becomes steady.

Today, resist the urge to restart. Instead, choose to stay. Stay connected, stay consistent, and stay committed. What God is building in you is not meant to be started over—it is meant to be continued.

## Focus for Today

I stay connected—I don't restart.

## Practice

- Identify where you've been starting over
  - Commit to staying consistent instead
  - Keep showing up, even if it's not perfect
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## Prayer

Lord, help me stay consistent and committed instead of constantly restarting. In Jesus name, Amen.

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## Reflection Question

Where do I need to stay instead of starting over?