

May 15, 2026

## Stay Connected to Stay Strong

*May Series: Built Different*

*Week Focus: Remain and Grow*

### Scripture – John 15:5

“I am the vine; you are the branches... apart from me you can do nothing.”

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## Devotional Reflection

Strength is sustained through connection. Jesus makes it clear that apart from Him, you can do nothing—not because you lack ability, but because you were never designed to function independently from Him. Your life draws its strength from your connection to Him, just as a branch draws life from the vine.

Many times, inconsistency is not a discipline issue—it is a connection issue. When you feel drained, distracted, or unstable, it is often because your connection has weakened. You may still be active, but you are no longer being sustained by the source. This is why staying connected is essential for remaining strong.

Remaining in Christ is what allows your life to stay steady over time. It is not about having one strong moment—it is about maintaining connection daily. When you stay connected, your strength is renewed, your thinking is stabilized, and your responses become more consistent. What once felt difficult becomes more manageable because you are not relying on yourself.

This is how consistency is built. It is not forced through effort alone—it flows from connection. The more you remain in Christ, the more your life is supported from within. You are no longer trying to hold everything together—you are being sustained.

Today, focus on your connection. If you feel weak, do not push harder—draw closer. If you feel inconsistent, do not start over—stay connected. Your strength is not something you create—it is something you receive.

## Focus for Today

**My strength comes from staying connected.**

## Practice

- Pause and reconnect with God throughout the day
  - Identify where you've been relying on yourself
  - Return your focus to Christ in those moments
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## Prayer

Lord, help me stay connected to You so my life remains strong and steady. In Jesus name, Amen.

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## Reflection Question

Where do I need to reconnect so I can be strengthened?