

May 18, 2026

## Strength Begins Within

*May Series: Built Different*

*Week Focus: Strengthened From Within*

**Scripture – Ephesians 3:16**

“Strengthened with power through His Spirit in your inner being...”

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### Devotional Reflection

Strength is often misunderstood. Many people think strength is what shows up on the outside—how you perform, how you respond, and how you appear under pressure. It is easy to measure strength by what others can see, but that is not where it truly begins. Scripture reveals that real strength is not first external, but internal. Before anything is visible outwardly, something is being formed deeply within you.

God is not first concerned with what people see—He is focused on what He is building inside of you. Your inner life is where your thoughts are shaped, your focus is formed, and your responses are developed. It is the foundation of everything you say, do, and become. If strength is not built in your inner life, it will not be sustained in your external life. What is formed within you will always determine what flows from you.

The Spirit of God works within you to develop a kind of strength that does not depend on circumstances. This strength is not emotional or temporary—it is spiritual and steady. It allows you to remain grounded when situations shift and pressures increase. Instead of reacting impulsively, you begin responding with clarity and alignment. This is the kind of strength that carries you through both challenges and change.

This means your growth is not limited to what others can observe. Even when nothing looks different externally, something is being strengthened internally. The more your inner life is developed, the more your external life becomes stable and aligned. Today, shift your focus inward and pay attention to what God is building within you.

## Focus for Today

**Strength is being built within me.**

## Practice

- Pause and reflect on your inner state today
  - Invite God to strengthen your thoughts and focus
  - Choose one moment to respond intentionally
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## Prayer

Lord, strengthen me from within. Build my inner life so I can live with clarity and stability. In Jesus name, Amen.

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## Reflection Question

What is God developing within me right now?