

May 21, 2026

## Your Focus Determines Your Strength

*May Series: Built Different*

*Week Focus: Strengthened From Within*

**Scripture – Isaiah 26:3**

“You will keep in perfect peace those whose minds are steadfast...”

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### Devotional Reflection

Your focus plays a major role in your strength. What you consistently think about, dwell on, and return to shapes how you experience life. Your thoughts are not passive—they are actively forming your perspective and influencing your responses. Over time, what you focus on becomes what you feel and how you live. When your mind is steady, your life becomes more stable and grounded.

Peace is not about having perfect circumstances—it is about having a focused mind. When your thoughts are scattered, your emotions tend to follow in the same direction. Distraction, worry, and overthinking can quickly disrupt your sense of stability. But when your focus is steady and intentional, your life becomes anchored. A focused mind creates space for peace to remain consistent.

Strength is developed when you learn to direct your attention. This does not mean ignoring reality or pretending challenges do not exist. Instead, it means choosing where your mind settles, even in the middle of those challenges. When your focus stays aligned with truth, your inner life remains steady even when situations shift. This kind of discipline strengthens your ability to remain consistent and grounded.

Today, pay attention to your focus. When your mind begins to drift toward worry, fear, or distraction, gently bring it back. Choose to focus on what is true and aligned. What you focus on consistently will determine how strong you remain.

## Focus for Today

**My focus strengthens my life.**

## Practice

- Notice where your mind drifts today
  - Redirect your thoughts intentionally
  - Focus on truth, not distraction
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## Prayer

Lord, help me keep my mind steady so I can live with peace and strength. In Jesus name, Amen.

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## Reflection Question

Where has my focus been lately?