

May 22, 2026

What's In You Will Come Out

May Series: Built Different

Week Focus: Strengthened From Within

Scripture – Luke 6:45

“Out of the abundance of the heart the mouth speaks.”

Devotional Reflection

Your responses are not random—they are revealing. What comes out of you is a reflection of what is within you. In moments of pressure, your inner life does not hide—it becomes visible. The way you react, speak, and respond exposes what has been forming beneath the surface. When pressure rises, your inner life is revealed in real time.

This is not something to be discouraged by—it is something to learn from. Your reactions provide insight into where you are strong and where growth is still needed. Instead of ignoring or suppressing them, you can begin to observe them with awareness. These moments are not failures—they are feedback. They show you what is being formed within you and where God is still working.

If you want to change how you respond, you must address what is happening internally. Trying to control your behavior without strengthening your inner life will only produce temporary change. External control may manage a moment, but internal transformation sustains a lifestyle. When your inner life is strengthened, your responses begin to shift more naturally and consistently. This is how lasting growth takes place.

Today, pay attention to how you respond. Instead of judging yourself, use those moments as feedback. Allow God to continue shaping your inner life so that what comes out of you reflects growth.

Focus for Today

My responses reveal my growth.

Practice

- Notice one reaction today
 - Reflect on what it reveals
 - Ask God to strengthen that area
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Prayer

Lord, shape my inner life so my responses reflect growth and stability. In Jesus name, Amen.

Reflection Question

What did my reactions reveal about me recently?