

May 23, 2026

Strength Produces Stability

May Series: Built Different

Week Focus: Strengthened From Within

Scripture – Galatians 5:22–23

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

Devotional Reflection

The fruit of the Spirit is evidence of a strengthened inner life. Love, peace, patience, and self-control are not forced—they are formed over time. These qualities are not something you produce through pressure, but something that develops through alignment. As your inner life becomes more connected to God, these characteristics begin to grow naturally. What is formed within you will eventually be expressed through you.

Many people try to produce these qualities through effort, but they are not achieved that way. Effort may create temporary behavior, but it cannot sustain lasting transformation. These qualities grow as a result of connection, consistency, and internal strength. When your inner life is healthy, your external life becomes more stable and aligned. This is the difference between striving and being formed.

This is why internal growth matters so much. What is happening within you will eventually become visible in how you live and respond. Over time, your life begins to reflect consistency, clarity, and stability in ways that cannot be forced. These changes may seem gradual, but they are deeply significant. Transformation is taking place even when it feels subtle.

Today, recognize that strength is producing something in you. Even if you don't see it fully yet, it is developing. Stay committed to your growth and allow what God is building to take form. Trust that what is being formed within you will become visible in time.

Focus for Today

My inner strength is producing stability.

Practice

- Reflect on areas of growth
 - Thank God for what He is forming
 - Stay committed to your development
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Prayer

Lord, thank You for what You are building within me. In Jesus name, Amen.

Reflection Question

What evidence of growth do I see in my life?