

May 24, 2026

SUNDAY REFLECTION - Strength That Shows Up

May Series: Built Different

Week Focus: Strengthened From Within

Scripture – Ephesians 3:16–17

“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love,”

Devotional Reflection

Take a moment and reflect on this past week. Do not only focus on what you experienced externally, but on what has been developing internally. This week was not just about strength—it was about where that strength is being formed. God has been working beneath the surface, shaping your thoughts, responses, and focus. What is being built within you matters deeply.

You may begin to recognize areas where you have become more steady. Your responses may feel more controlled, your thoughts more focused, and your decisions more intentional. These are signs that your inner life is being strengthened. Even small changes are evidence of real growth. What once felt difficult may now be developing into consistency.

True strength does not always show up immediately. It is developed quietly before it is revealed publicly. What God is building within you is preparing you for how you will live, respond, and remain in the days ahead. You may also notice areas where you still feel weak or inconsistent. This awareness is not failure—it is direction for continued growth.

As you move forward, remember that what is being built within you will eventually show up around you. Stay committed to your growth and remain open to God’s continued work. Trust that He is strengthening you even when the progress feels quiet. God is strengthening you from within.

Focus for Today

I am being strengthened from within.

Practice

- Reflect on internal growth this week
 - Identify one area to strengthen further
 - Stay committed to daily renewal
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Prayer

Lord, continue strengthening me from within so my life becomes stable and aligned. In Jesus name, Amen.

Reflection Question

Where do I see internal strength developing in my life?