

May 26, 2026

Built on What Lasts

May Series: Built Different

Week Focus: Strengthened From Within

Scripture – Psalm 62:6

“He alone is my rock and my salvation...”

Devotional Reflection

Many things appear stable until pressure arrives. Success, comfort, approval, emotions, and routines can all seem dependable for a season because stability is easy to assume when life feels manageable. But temporary things cannot sustain the full weight of life forever. Eventually, pressure exposes what is deeply rooted and what has only been resting on the surface. Unstable foundations always become visible when life begins to shake.

Scripture describes God as a rock because He remains steady when everything else shifts. He is not temporary help for difficult moments or emotional support only when life feels overwhelming. God is a permanent foundation strong enough to sustain you through every season, every pressure, and every uncertainty. His stability does not change when circumstances do. What is anchored in Him can remain steady even when life feels unpredictable.

Building your life on God means anchoring your identity, confidence, and hope in something eternal instead of temporary. Circumstances will change, people will disappoint, and emotions will fluctuate from season to season. But God remains constant through every stage of life. When your foundation is built on Him, you are no longer controlled by what changes around you. Stability grows when your life is rooted in what remains unshaken.

Sometimes God allows shaking because He loves you too much to let you continue building on unstable things. What feels frustrating or uncomfortable in the moment may actually be mercy redirecting your life toward what will truly last. Today, examine what you have been depending on for stability and shift your focus back toward God. He is not only present during pressure—He is strong enough to hold you through it.

Focus for Today

God is my stable foundation.

Practice

- Identify one unstable thing you've depended on
 - Shift your focus back toward God
 - Speak truth over your life today
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Prayer

Lord, help me build my life on what lasts instead of what is temporary. In Jesus name, Amen.

Reflection Question

What have I been depending on more than God?