

Becoming Unshakeable

How to stay grounded when life tries to knock you down

Time:

7-10 minutes

Focus:

Persistence, God's Power, Strength

Scriptures

1 Corinthians 15:58

Psalm 18:29

2 Corinthians 10:3-4

Jeremiah 32:17

Jeremiah 32:27

Parking lot

Write down distracting thoughts here:

Settle in

Take a deep breath. Turn off notifications on your phone if you can. Ask God to teach you to be grounded in his power rather than your own.

Thought starter

God makes us capable of fighting any battle—but not by ourselves. When the stormy winds of life come, they do not have to knock us over. God can help us see past our circumstances and stand strong. He can make us unshakeable.

Here's what you'll learn in this Quick Quiet Time:


- God sees our effort and helps us through difficulty.
- God teaches us to fight with spiritual weapons instead of our own.
- God's power is what brings us victory.



Hold the line.

1 Corinthians 15:58 AMP

Therefore, my beloved brothers and sisters, be steadfast, IMMOVABLE, always excelling in the work of the Lord [always doing your best and doing MORE than is needed], being continually aware that your labor [even to the point of EXHAUSTION] in the Lord is not futile nor wasted [it is NEVER without PURPOSE].

 **Truth bomb:** God sees every ounce of effort we give.

To “hold the line” is to be immovable. It means not yielding to pressure. We can “hold the line” when we are confident that our efforts for God are not without purpose. Nothing we do for him disappears into the void, even the stuff no one else notices.

Metaphor moment

Think of a tree in a storm. The wind can scream, the rain can slam, but the roots keep it standing. Our “roots” = our purpose + God's strength.



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Notes:

 Reflect

- Where do I feel “shaken” right now?
- What would it look like to stay “immovable” in that area?
- What small act of faithfulness to God can I do today?

We are built to break through.**Psalm 18:29 TPT**

With you as my strength I can crush an enemy horde, advancing through every stronghold that stands in front of me.

We are not meant to tiptoe around obstacles; we are built to advance.

Supportive note

This kind of strength isn’t about our power level. It’s about God’s power flowing through us.

Nerd note

In ancient battles, a [“horde”](#) meant a massive, overwhelming force. The verse flips the script: What seems like something that should crush us becomes something we can run through, push past, or overcome because of God’s strength, not our own.

The thing that should defeat us becomes the thing we defeat. Not because the obstacle is small, but because God changes our relationship to it. What once looked like a wall becomes a path.

Why this matters

This verse is a way of reframing fear and adversity. Instead of seeing a massive force coming at us, it invites us to see spiritual power:

- Courage instead of intimidation
- Strength instead of helplessness
- Momentum instead of paralysis

It’s a shift from “I can’t handle this” to “With God, I can move right through this.”

 Reflect

- What “stronghold” feels too big right now?
- What would it look like to take one step forward instead of backing up?

Fight with better weapons.**Share the inspiration!**

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Notes:

2 Corinthians 10:3-4 TLB

It is true that I am an ordinary, weak human being, but I don't use human plans and methods to win my battles. [4] I use God's mighty weapons, not those made by men, to knock down the devil's strongholds.

 **Truth bomb:** We don't win spiritual battles with human strategies.

- Stress, overthinking, people-pleasing, and trying harder are useless in spiritual battles.
- We win with God's weapons ([Ephesians 6:10-18](#)). These weapons include things like truth, prayer, reading Scripture, preaching the Word, obedience to his Word, fellowship, and more.

Metaphor moment

Trying to fight spiritual battles with human tools is like bringing a spoon to a sword fight.

 **Reflect**

- What “human method” do I keep trying that isn't working?
- What “God weapon” do I need to pick up today?

Nothing is too hard for God.**Jeremiah 32:17 NIV**

“Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.”

Jeremiah 32:27 NIV

“I am the LORD, the God of all mankind. Is anything too hard for me?”

Jeremiah says this while Israel is in a crisis. This means God speaks into the chaos as it's happening, not after it's over.

Supportive note

God doesn't just say he can handle the impossible; he backs it up with creation itself. If he made galaxies, **he can handle our situation.**

 **Reflect**

- What feels “too hard” for me right now?
- What changes when I remember it's not too hard for God?

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Notes:

Final thought

You don't have to be the strongest person in the room. You just have to stay connected to the one who is.



Humor break!

Why do sailors eat shellfish when rain is forecast?
It's the clam before the storm.

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