

ANDREA SONYA

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CONSTRUCT

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## Guidance:

*On the first day, begin with a few minutes where you read the Construct. Continue on to the first question in the lab, and write your thoughts in a notebook or journal. Address the additional questions in the lab at a pace that works for you. Reflect on any insight gained or growth in progress as you close out the Construct.*

## **His Spirit is Always With You**

Psalms 145:18 tells us “The Lord is near to all who call upon Him, To all who call upon Him in truth.”

At times it may seem hard to discern the presence of the Lord, especially when facing a challenge, or going through a rough season in life. However, it is during these moments that we need to call on God and be transparent with Him about our struggle. The key is to know that God meets us where we are. With a spirit of humility, open up to Him - by prayer and supplication, with thanksgiving, make your request known to God (Philippians 4:6).

No matter what you are experiencing – set in your spirit that you will seek and recognize the presence of the Lord today. Settle into this, and in a moment of peace and quiet, look to your heart. Appreciate the little things, because when you are grateful on this level, it cultivates a spirit of gratitude in you. These are the mysteries of God. Over time, you realize that He was always with you, developing you through the trials and tests of life - strengthening your mind and soul.

The Lord’s Spirit lives in you, though often times the chaos and busyness of life distracts us. God is Spirit, and He speaks to our spirit. So in these times, you have to intentionally, by faith, take a moment and speak to your soul: 'peace, be still'. Let the spring of truth in your spirit erupt to your soul. In other words, submit your soul to your spirit. You will realize that Your Heavenly Father is always near.

## **Prayer**

Dear Lord, as I come into Your presence today, I am thankful. I praise You for blessing me, and for being close to me even when I am far from You in my heart. Kindle a fire in my soul and create a desire for Your word in my heart. No matter what I am experiencing, I pray to always know that You are working in me, and in my life. In Jesus Name I pray. Amen.

## **Practical Application / Lab**

Reflect on Psalms 145:18 “The Lord is near to all who call upon Him, To all who call upon Him in truth.”

Consider any area of your life where you are struggling to discern God. Speak to God from your heart about it, and tell Him your cares. Ask the Holy Spirit to help you go and grow through this moment. Commit to be okay with not understanding everything, but trusting the character of God.

To show your intention to grow, read different Psalms throughout this Construct, as led by the Holy Spirit. His word is a lamp unto your feet, and a light unto your path (Psalms 119:105). Grasping God’s word aligns your thoughts to His, which helps to open your mind to a renewed understanding and state of being.

Capture the things that you learn about God’s presence throughout this Construct.