

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.*

## **Be Pliable**

James 1:12 tells us “Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.”

Your well-being is important to God. He wants your heart and mind to be free from distress so that you can be spiritually, physically, and mentally sound. He knows the thoughts on your mind, the worries of your soul, and the cares in your heart. He is aware of the burdens that you carry, as well as the intensity of struggles you experience.

God wants to help you. However, in order for Him to do a work in you, you need to be pliable and let Him mold you. This is done when you learn His word and apply it to your life. His word manifests to life through your thoughts, words, and actions. This is how His word becomes flesh in your life.

Something holy happens when you apply God's word to your life. As you grow in the things of God, you become stronger, and receive revelation knowledge where you see how God makes your enemies your footstool - a promise from God. When we are pliable, we are capable of being bent or twisted without breaking. This opens a witness unto God with others where He gets the glory.

## **Prayer**

Holy Father, I thank You for Your presence in my life. I humbly come before You, seeking Your guidance as I strive to live by Your word. Your word says no weapons formed against me shall prosper (Isaiah 54:17). I get in agreement with You Lord, to do as you say. Make me and mold me into Who You call me to be. In Jesus Name I pray. Amen.

## **Practical Application / Lab**

Read the following scripture:

2 Corinthians 10:4-5 “For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds; Casting down every imagination, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ”

Think about your construct of being pliable.

Purpose over the next several days to apply 2 Corinthians 10:4-5 to your thought life. Cease those opportunities to align your thoughts to the righteousness of God. During challenging moments, truly give yourself to the truth that God loves you, and make a decision to bring every contrary thought or negative feeling under this character of God.

You may struggle through this, however, if you find yourself trusting God more, know that you are growing.

Think about the prior days and reflect on any thoughts that you brought into obedience to Christ. Write out the changes that you notice in your disposition.

As you continue to spend time with God, you will notice a construction that sets in motion an inherent nature where your thoughts begin to align to His word and His character.