

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.

Keep Praying & Praising Him

Colossians 4:2 says “Devote yourselves to prayer, being watchful and thankful.”

It is important to know that we are to pray and praise God at all times and through all circumstances. This does not mean that you spend all hours of the day in prayer - this is about praying in both challenging and triumphant times.

God sent His Son, Jesus, to die for our sins so that we may receive the free gift of salvation. When you ask Jesus into your heart, know that you are in covenant relationship with God. This means He will work all things out for your good. Even in the challenging or confusing times of our lives, we keep a thankful posture, because we trust God. Scripture tells us that God is good (Psalms 100:5). Purpose to believe this constantly. A heart of gratitude leads to praise, and we enter into His gates with thanksgiving, and His courts with praise (Psalms 100:4).

Rest in this understanding, and keep praying and praising Him. We may not understand everything, but God is faithful to His word. Show your Heavenly Father how thankful you are by expressing worship to Him in both difficult and good times. Remember to be watchful as His word says in Colossians 4:2. Have an expectation that is rooted in faith in Him. Let your thoughts and words line up with your faith, and let action be the evidence of your faith in God. As the praises go up, the blessings come down.

Prayer

Dear Lord, I praise Your Holy Name because You are God. You are awesome, and mighty. You move mountains and work miracles, and I honor You Lord. You correct and strengthen me - supplying all of my needs according to Your riches in glory. May my gratitude result in praise to You, Father. In Jesus Name I pray. Amen

Practical Application / Lab

Consider the following psalms that praises God. Seek to read it at least twice a day during this Construct. As you recite this scripture, have a heart of gratitude behind your praise. This can be challenging if you are in a stretching season, however, let the scripture flood your heart to release any spirit of heaviness. This will require that you exercise your faith that He is able to do exceedingly, abundantly, and above all you may ever think or ask (Ephesians 3:20).

Notice any changes in your disposition - or your understanding of God. Though He may not remove certain obstacles, still open your spirit and submit to Him.

Psalms 30: 1 - 12

1
I will exalt you, Lord,
for you lifted me out of the depths
and did not let my enemies gloat over me.

2
Lord my God, I called to you for help,
and you healed me.

3
You, Lord, brought me up from the realm of the dead;
you spared me from going down to the pit.

4
Sing the praises of the Lord, you his faithful people;
praise his holy name.

5
For his anger lasts only a moment,
but his favor lasts a lifetime;
weeping may stay for the night,
but rejoicing comes in the morning.

6
When I felt secure, I said,
“I will never be shaken.”

7
Lord, when you favored me,
you made my royal mountain stand firm;
but when you hid your face,
I was dismayed.

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8

To you, Lord, I called;
to the Lord I cried for mercy:

9

What is gained if I am silenced,
if I go down to the pit?
Will the dust praise you?
Will it proclaim your faithfulness?

10

Hear, Lord, and be merciful to me;
Lord, be my help.

11

You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy,

12

that my heart may sing your praises and not be silent.
Lord my God, I will praise you forever.