

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.*

## **Focus**

Philippians 4:13 tells us “I can do all things through him who strengthens me.”

As you journey through life, you begin to learn that there are many distractions that deter you on your assignment. These distractions break apart your focus and may lead you to invest time into areas that are not purposeful. When this happens, to focus becomes challenging. Distractions that remain, eventually overtake you, and can fragment your life for years.

Decide today to be focused on Jesus. This means learning His character, and intentionally grasping His ways. This is how you let Jesus strengthen you through the vicissitudes of life. When you do this, you are placed in a position of divine strength that enables you to deal with internal, and external challenges. Now, you are able to discern that you can do all things through Christ who strengthens you.

When Jesus enters your life, He deals with who you are - uprooting and planting a firm foundation in you. This seed grows as you water it through praise and worship, bible study, and real world application. Overtime, you begin to realize that this is a process of construction to a place where you can fulfill your God given destiny, and live by faith, through grace.

## **Prayer**

Dear Lord Jesus, thank You for Your faithfulness to strengthen the foundation of my inner man. I know without a doubt that I can do all things through You. Work out of me what needs to come out, and work in me what needs to be. May I focus on You, knowing that You are my anchor as I walk through the mountains and valleys of life. In Your Name I pray. Amen.

## **Practical Application / Lab**

Focus is an inside work. It begins with a decision to yourself. You are better able to uphold this decision, especially through obstacles, when your foundation is built on the truth that you can do all things through Christ who strengthens you.

It is about who you are, rather than how you are, in the various experiences of your life.

For every challenging moment this week, no matter how big or small, whether involving others or not, apply the scripture “I can do all things through Christ who strengthens me.”

Think and write out how Philippians 4:13 changed your perspective as you actively embraced this scripture during the prior day challenges. We see that this requires faith in God. As you exercise your faith, He gives you supernatural strength and discernment to move forward.

Toward the end of the Construct, notice if a new thought pattern has entered your life. Be sensitive to the fact that this reflects God’s word taking root in your soul. Remember, as you proactively engage His word, He actively cultivates a righteous thought life in you.