

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.*

## **He Hears Our Prayers**

1 John 5:15 lets us know “And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

An important part of a christian’s life is prayer. This is an act where you may seek God with a solemn request for yourself or someone else. Whenever we pray, we do it with confidence believing that the Lord hears us. Scripture confirms this in 1 John 5:14: “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”

Seek your Creator intentionally in your daily life. He is Alpha and Omega – the beginning and the end. He is before us, and behind us. Learn His Word and pray them back to Him, because His will is His Word, and we want to align our lives to His will. Prayer invites God into our situation and helps us to get into agreement with Him.

Purpose to pray when things are going good, and when times are challenging. Know that prayer benefits us, so that God can reign down from heaven into our lives. We are His people, and He provides everything we need. Therefore, make praying a normal practice in your life.

As you grow in your prayer life, it will become synonymous with your character, being a part of who you are, and not just something you do. Keep this sacred act dear to your heart, and purpose to pray unceasingly (1 Thessalonians 5:17).

## **Prayer**

Lord Jesus, teach me to pray according to Your will. Help me to commit to learning Your Word so that I may get an understanding. May my prayers grow stronger as I mature spiritually. Lead me to build a prayer life filled with fervent prayers for myself and others. In Your Name I pray. Amen.

## **Practical Application / Lab**

Read Psalms 23.

Think about this psalms and make it a part of your prayer life. Let your soul embrace what this psalms means to you. On the first two or three days of this Construct, write out your thoughts in a notebook or journal.

Toward the end of this Construct, reflect on your notes. Know that this psalms is a prayer that God gladly receives from your heart.

Let this be encouragement and motivation to pray using God's Word. Use this as a foundation to allow Him to cultivate a strong prayer life in you.