

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.*

## **Recognize His Blessings**

Psalm 118:1 states “Oh, give thanks unto the Lord, for he is good.”

Sometimes when you sit back and take a birds eye view of your life, you recognize the unrecognizable blessings from the Lord. You can see what you did not realize in that past moment. It could be opportunities, changes in career paths, a closed door, or restoration in your health – you concretely see that God was there.

It is important to look at the blessings not just in your life, but acknowledge His blessings in the lives of your loved ones. Thank Him for covering and keeping them. In all you do, be intentional today to appreciate the Lord’s blessings that surround you. This includes the people who support you, and who you support.

As you journey through your years, accept the spiritual blessings God provides - the ability to demonstrate self-control, or be patient, or show lovingkindness when it is hard. The very air that we breathe is a gift; salvation is ours for the taking, we do not have to earn it - it is offered freely. Put your gratitude into action by thanking God through your attitude, and reflecting His mercies and goodness in the earth.

## **Prayer**

Heavenly Father, I give You glory for all You have done for me, in me, and through me. May I always recognize Your blessings in and on my life. I humbly repent of any sins that I have committed against You, and ask for Your forgiveness in the name of Jesus. I believe You Lord, that You work all things together for my good. I trust Your faithfulness because You are faithful. In Jesus Name, I pray. Amen.

## **Practical Application / Lab**

Reflect on a challenge that you experienced in the past year. Think intentionally of the various impacts that the challenge had on your life to date. Look to notice God in the challenge, whether He graced you with immeasurable patience, unshakable faith, or the fortitude to forgive. Praise Him for His grace and shout unto Him with a voice of triumph.

If this is a struggle, pray and ask God to help you to see Him in relation to that challenge. Take a day, if needed, to begin to deal with any negative perspective or emotion that sits in your soul. Pray that the eyes of your understanding may be opened (Luke 24:45). God will take this step with you, and it will take time, but know He is proud of you for taking the first step. God knows how to heal your heart and bring you to a place of contentment and joy. Praise Him believing He is faithful.

Know that you are more than a conqueror in Christ (Romans 8:37).