

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.*

## **The Essentials**

James 10:10 states “I came so that they may have life, and have it more abundantly.”

In the world, people have essentials. We are spiritual beings that live our lives in a physical body here on earth. Therefore, depending on the obligations and responsibilities of each person, the things that are absolutely necessary for survival may vary, but our basic human needs for sustenance remains consistent.

In the spirit, our essentials are the Father, the Son, and the Holy Spirit. The awesome thing is that our spirits can be awakened and alive unto God right now. As you feed your spirit with the knowledge and wisdom of God, it refreshes your soul, and becomes nourishment through the storms of life. A relationship with God is a spiritual essential in this physical world.

God made salvation available to us. This places our soul in eternity with Him at the end of our time on earth. Submit and decide to ask Jesus into your heart - it is through Christ that we are justified unto God. He is essential to your soul and spirit here on earth, and in eternity.

## **Prayer**

Dear Lord Jesus, thank You for being the source of strength of my soul. Teach me Your ways, and show me Your truth. Open my spirit in those areas that I have closed off. May I not resist or reason You out of my daily life, but live knowing that You are essential to each day. In Jesus name, I pray. Amen.

## **Practical Application / Lab**

Prove God.

Take one week to read, study, and meditate on the following scriptures:

John 3:16-17

"For God so loved the world that He gave His only begotten Son, that whosoever believes in Him should not perish but have eternal life. For God sent not His Son into the world to condemn the world but that the world through Him might be saved."

Romans 8:37

"Now in all these things, we are more than conquerors through Him (Christ) who loved us."

James 10:10

"I came so that they may have life, and have it more abundantly."

As you think on each scripture, be open to the Holy Spirit ministering to you. This may be done through written interpretations in a study bible, prayer, or just pondering the scripture.

Write down any revelation knowledge about Who Jesus is and what the scriptures above mean to you personally. Ask God for wisdom and guidance through this process of learning and understanding. Notice any change in your thought processes, words, or actions as you grow in the teachings of God. Let the Holy Spirit lead you in understanding Who you are in Christ.