

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.*

## **Forget Not His Footprints**

Isaiah 40:11 states “He tends His flock like a shepherd, He gathers the lambs in his arms and carry them in His bosom... .”

It may be easy at times to discern the presence of the Lord. When all is going well in our lives, we believe God easily and listen to Him quickly. However, it is during the challenging moments in our lives that we should readily believe God and be obedient.

In the middle of hard times, it is counterintuitive to believe God is with you. It is when you look back over your life that you see the footprints of the Lord – sustaining you through the valley. This is where the presence of the Lord shines bright, because you see that you made it through a rough moment, and still grew mentally, while maturing spiritually.

Take time to recall those moments, and recognize how God covered you. Let these truths remind you that the Holy Spirit is walking with you today. You may not see Him, but perceive His presence, and in due time you will see His footprints.

## **Prayer**

Dear Father, I come to You today with a heart of gratitude. Through the storms and turbulent moments of life, You have not forgotten me. May I rest in the peace of knowing that You are with me even when I do not perceive it. I pray to grow in challenges, always relying on the help of the Holy Spirit. In Jesus Name I pray. Amen.

## **Practical Application / Lab**

Recall two or three moments in time that resulted in your strength being increased. Think of the overall lesson(s) learned, change in perspective, or character developed that lead to your growth.

Write out thoughts for each moment. Grasp and meditate on those moments where you believe God's presence was evident.

Let this Construct lead you to see the footprints of the Lord.

Prove God and see the truth in Isaiah 40:11.