

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.*

## **Align Your Thoughts**

Romans 8:6 lets us know “For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.”

It is important to realize that we are to align our thoughts to the word of God. In order to do this, you will have to know His word. The best way to let the word take root in your soul is to spend time in it, with God.

Sitting in the presence of our Holy Father should be a dedicated and intentional moment in your life. You may sing songs of praise or play worship music to stir up your spirit. You might choose to pray in the spirit or pray with your natural words. However, it is necessary to learn God’s word. This involves engaging bible studies, listening to sermons, or utilizing a study bible to help you to understand scripture. This is how you learn about His kingdom and His thoughts toward you.

Know that as you do these acts, you are opening your spirit to receive God’s word. The Bible tells us that faith comes by hearing, hearing by the word of God (Romans 10:17). It is our faith that moves God. Know that God wants our faith to grow in Him. As you study the word of God, the Holy Spirit will speak to your heart. This revelation knowledge will illuminate in your soul, renew your mind, and transform you.

You know that your thoughts are coming into alignment with God’s word because you begin to apply the word to your life and operate differently. This reflects your faith in God. Importantly, your relationship with Christ grows and you become sensitive to His presence. You also grow to discern the Holy Spirit, allowing Him to guide you.

Everything begins with our thought life.

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## **Prayer**

Father God, today I ask for a fresh anointing on my mind and heart. I bow down my ways to Your ways, my thoughts to Your thoughts, and my will to Your will. I thank You for setting my crooked ways straight, and for bringing me into alignment with what You say about me. Renew my mind, that the mind of Christ may be in me. In Jesus Name I pray. Amen.

## **Practical Application / Lab**

Read the following scripture:

Romans 8:37 "... we are more than conquerors through (Christ) Him Who loved us"

Consider any obstacle or challenge that you are currently facing in your life. Reflect on Romans 8:37 in relation to who it says you are in Christ. Write out your thoughts.

Review the following scripture:

Job 23:10 "But He (The Lord) knows the way that I take, and when He has tested me, I will come forth as gold"

Think about the obstacle that you brought to thought in your prior consecrated time. Apply Job 23:10 in relation to who God says you are in Romans 8:37. Write out any difference in perspective that you sense based on a shift in your thought process.

Consider the following scripture:

Philippians 4:19 "And my God will supply all my needs according to the riches of His glory in Christ Jesus"

Meditate on this scripture and allow the Holy Spirit to speak to your heart.

Consecrate yourself to these three scriptures. Apply them to your thought life, and allow them to open the door to a new way of thinking - to align your thoughts.

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