

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 Walk of Prayer

Colossians 4:2 says “Devote yourselves to prayer, being watchful and thankful.”

It is important to know that we are to pray and praise God at all times. This does not mean that you spend all hours of the day in prayer, this is about praying when times are good, and when challenges are present.

God sent His Son, Jesus, to die for our sins so that we may have the free gift of salvation in this present age. When you ask Jesus into your heart, know that you are in covenant relationship with God. Therefore, in the challenging or confusing times of our lives, we keep a posture of gratitude in our prayers, because we know that God will work things out for our good if we trust Him. We have faith in His character, and faith in Him working in us to bring us to where we need to be - both spiritually and physically.

Be watchful as His Word tells you. Have an expectation that is rooted in faith in Him. Let your thoughts and words line up with your faith, and let action be the evidence of your faith. We pray in faith, because God is faithful.

Prayer

Dear Lord, You have planted me, and I have taken root. As I journey through life, may I be content whether I am abased or abounding. I declare from this day forth to be consistent in my prayer life. I release my faith to You today, believing You will work all things out for my good. I purpose to seek you with a grateful heart at all times, knowing you are in control. In Jesus name I pray. Amen.

Practical Application / Lab

Review the scripture in Colossians 4:2 where it states to “Devote yourselves to prayer.”

Consider the consistency of your prayer life - whether you seek God in challenging times more than you do in other times. If you believe that you do, take small steps by first praying for a couple of minutes at the same time each day. This may seem structured, however, this helps to condition an attitude of commitment to prayer.

Moving at a pace that employs some consistency helps you to naturally pray through the different seasons of your life. Having a committed prayer life reflects your faith in God, and your confidence in the integrity of His character.