

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.

God's Mighty Hand

Isaiah 40:22 tells us "... It is He Who sits above the circle of the earth... ."

This is a picture filled with metaphorical insight into God's might and reach.

We get to know God's mighty hand in many ways – in illustrations found in the Bible, or through the blessings we see come to pass in our lives. However, we really experience the mighty hand of God when He comes into our hurting or dysfunctional areas to heal and deliver us. The essence of Who He is, is reflected by His love for us, especially when He made a way for us to spend eternity with Him. The Lord stretches His hand to us through His Son Jesus Christ. Accepting Christ means that you accept the hand of the Lord.

When we apply the Lord's word to our life, and become doers and not just hearers, our life reflects God's hand on us. Even through trials, submit to Him and stand in peace, which evidences His lordship in your life. As you hold the Lord's hand through Christ, forgiveness and salvation flows to you. Blessings flow to you, and through you – to your family, friends, and community.

Let the mighty hand of God rest on your soul, so that you and those around you may feel it.

Prayer

Dear Father, today I praise You for Who You are. You are the King of Glory, who graces His children with strength to endure and power to subdue. I pray to give You the glory in my thought life, words, and actions. Especially in times of testing and trials, may I know Your mighty hand is holding me up. In Jesus Name I pray. Amen.

Practical Application / Lab

Read the following scriptures:

John 1:3

“Through him all things were made; without him nothing was made that has been made”

Colossians 1:16 - 17

“All things were created by him and for him ... and in him all things hold together”

Ponder the might of Jesus based on both of these scriptures. Consider how powerful He is, then think about His unconditional and unending love for you. Allow your heart to open to Him.

See the apparent ways that the mighty hand of God has covered you through Jesus Christ. Sit in this moment throughout the day, and capture any thoughts that are dear to your heart.