

Echoes of YAHUAH™ | Scripture Study

Foundations of Alignment

An 8-Week Scripture Formation Study

Hearing. Aligning. Walking. Remaining. Steadfast.

Facilitated by Denise Thompson

Scripture Foundation

“Let all things be done decently and in
order.”

— 1 Corinthians 14:40

A journey of hearing, alignment, obedience, and faithfulness.

Welcome

Welcome to Foundations of Alignment.

This study is designed to guide you through a process of spiritual formation rooted in Scripture, reflection, and consistent obedience.

Each week focuses on a key area of alignment:

- Hearing
- Conduct
- Order
- Action
- Steadfastness
- Guarding the Mind
- Fruitfulness
- Finishing Faithful

Growth happens through intentional discipline, honest reflection, and faithful application.

Take your time.

Study the scriptures carefully.

Apply what you learn consistently.

How to Use This Study

This study is designed to guide you through a structured process of alignment using Scripture, reflection, and application

Each week includes:

Scripture Focus

Read and study the assigned passages carefully.

Teaching Focus

Understand the theme and how it applies to your walk.

Reflection

Answer the questions honestly and thoughtfully.

Application

Identify specific actions you will take throughout the week.

Weekly Rhythm

Day 1 — Review the theme and primary scriptures

Midweek — Continue studying and reflecting

Before Zoom — Prepare your thoughts for discussion

After Zoom — Apply what you have learned

Instruction

Move through each section at a steady pace.

Do not rush.

Growth happens through consistency, discipline, and application.

Remain committed to the process

Study Overview

Week 1 — Hearing Instruction

Learning to recognize and receive instruction

Week 2 — Aligning Conduct

Bringing behavior into alignment with truth

Week 3 — Establishing Order

Creating structure and discipline

Week 4 — Walking in Obedience

Applying what has been learned

Week 5 — Steadfast in Obedience

Remaining consistent in the walk

Week 6 — Guarding the Mind

Protecting thoughts and mental patterns

Week 7 — Bearing Fruit

Demonstrating growth through action

Week 8 — Finishing Faithful

Completing the process with discipline and integrity

Each step builds upon the previous one.

Stay committed to the process

WEEK 1

Hearing Instruction

Learning to recognize and receive instruction

Foundations of Alignment

HEARING INSTRUCTION

Anchor

What it means to truly hear YAHUAH

Primary Scriptures

- Deuteronomy 6:4-9
- 1 Samuel 15:22
- Matthew 7:24-27

Weekly Focus

This week we are examining what it truly means to hear the Word of YAHUAH and respond in obedience to Aluah.

Hearing is not the same as listening. Obedience is not optional. Scripture shows us that action reveals understanding.

Reflection Questions

1. What is YAHUAH showing me in this season?

2. What distractions make it difficult to hear clearly?

3. How can I become more attentive to instruction?

Weekly Commitment

What I will focus on this week

What I will remove or limit

One action I will take

Declaration

I will listen with intention.
I will recognize instruction.
I will respond with clarity.

WEEK 2

Aligning Conduct

Bringing behavior into alignment with truth

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ALIGNING CONDUCT

Anchor

Alignment is demonstrated through action.

Primary Scriptures

- James 1:22
- Matthew 7:21
- Titus 1:16

Weekly Focus

This week focuses on aligning our conduct with what we profess to believe.

It is not enough to hear and understand.
True alignment is revealed through action.

Scripture teaches that our behavior must reflect truth.
What we do consistently reveals what we truly believe.

When conduct is not aligned, there is inconsistency.
When it is aligned, there is clarity and integrity.

Reflection Questions

1. Does my behavior reflect what I say I believe?

2. Where do I see inconsistency in my actions?

3. What specific changes do I need to make?

Weekly Commitment

One behavior I will correct

One action I will practice daily

One area I will become more disciplined in

Declaration

My actions will align with truth.
I will not only hear, but apply.
My conduct will reflect what I believe.

WEEK 3

Establishing Order

Creating structure and discipline

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ESTABLISHING ORDER

Anchor

Order creates stability in the walk.

Primary Scriptures

- 1 Corinthians 14:40
- Proverbs 24:27
- Luke 16:10

Weekly Focus

This week focuses on establishing order in daily life.

Alignment requires structure.
Without order, inconsistency grows.

Scripture teaches that what is built must be done intentionally and in order.

When order is established, discipline becomes easier and progress becomes steady.

Reflection Questions

1. Where is there is disorder in my life?

2. What areas lack structure or consistency?

3. What can I put in place to create order?

Weekly Commitment

One area I will bring into order

One habit I will establish

One distraction I will remove

Declaration

I will establish order in my life.
I will walk with discipline.
I will build with intention.

WEEK 4

Walking in Obedience

Applying what has been learned

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WALKING IN OBEDIENCE

Anchor

Obedience is the evidence of alignment.

Primary Scriptures

- Deuteronomy 5:33
- John 14:15
- James 1:25

Weekly Focus

This week focuses on applying what has been learned through obedience.

Understanding alone is not enough.
Alignment is revealed through action.

Scripture shows that obedience leads to stability and direction.

When we walk in obedience, our path becomes clear.

Reflection Questions

1. Where am I being called to obey?

2. What has been difficult for me to apply?

3. What step of obedience will I take this week?

Weekly Commitment

One instruction I will follow

One action I will take immediately

One area I will stop delaying in

Declaration

I will walk in obedience.
I will apply what I have learned.
My actions will reflect truth.

WEEK 5

Steadfast in Obedience

Remaining consistent in the walk

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STEADFAST IN OBEDIENCE

Anchor

Consistency strengthens alignment.

Primary Scriptures

- Galatians 6:9
- 1 Corinthians 15:58
- Hebrews 10:36

Weekly Focus

This week focuses on remaining consistent.

It is not enough to begin — we must continue.

Scripture teaches that endurance produces strength and stability.

Consistency builds a firm foundation.

Reflection Questions

1. Where have I struggled with consistency?

2. What causes me to stop or slow down?

3. What will help me remain steady?

Weekly Commitment

One area I will stay consistent in

One habit I will maintain daily

One distraction I will avoid

Declaration

I will remain steadfast.

I will not grow weary.

I will continue in alignment

WEEK 6

Guarding The Mind

Protecting what has been established through disciplined thinking

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GUARDING THE MIND

Anchor

What you allow in your mind shapes your walk.

Primary Scriptures

- Romans 12:2
- Philippians 4:8
- 2 Corinthians 10:5

Weekly Focus

This week we are focusing on the importance of guarding the mind and renewing our thinking through truth.

Transformation does not begin with behavior it begins within the mind

Thoughts influence attitudes.
Attitudes influence actions
Actions shape character.

When the mind is not guarded, the walk becomes unstable. But when disciplined, clarity, peace, and consistency are established

Reflection Questions

1. What thoughts influence my actions the most?

2. What mental patterns need correction?

3. What truth from Scripture should replace them?

Weekly Commitment

Scripture I will meditate on

Thought pattern I will challenge

Practice I will apply daily

Declaration

I will guard my thoughts
I will focus on what is true
My mind will remain aligned with the wisdom of YAHUAH

WEEK 7

Bearing Fruit

Demonstrating growth through action

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BEARING FRUIT

Anchor

Growth is revealed through fruit.

Primary Scriptures

- John 15:8
- Galatians 5:22-23
- Colossians 1:10

Weekly Focus

This week focuses on the evidence of growth.

True alignment produces visible fruit.

Scripture teaches that what is cultivated inwardly will be revealed outwardly.

Fruit reflects what has been developed over time.

Reflection Questions

1. What fruit is being produced in my life?

2. What areas show growth?

3. What areas need further development?

Weekly Commitment

One fruit I will intentionally develop

One behavior I will strengthen

One area I will give more attention to

Declaration

I will bear fruit.

My growth will be evident.

My life will reflect alignment.

WEEK 8

Finishing Faithful

Completing the process with discipline and integrity

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FINISHING FAITHFUL

Anchor

Faithfulness is revealed in finishing.

Primary Scriptures

- 2 Timothy 4:7
- Matthew 24:13
- Hebrews 12:1

Weekly Focus

This week focuses on finishing what has been started.

Many begin, but few remain to the end.

Scripture teaches that endurance and faithfulness lead to completion.

Finishing requires discipline, focus, and commitment.

Reflection Questions

1. What have I started that I need to finish?

2. What challenges have affected my endurance?

3. What will help me remain faithful to the end?

Weekly Commitment

One thing I will complete

One area I will stay disciplined in

One commitment I will honor

Declaration

I will finish what I have started.

I will remain faithful.

I will complete this process with strength.

FINAL REFLECTION

Instruction

Take time to reflect on what has been established throughout this study.

Consider the growth, the challenges, and the areas that require continued discipline.

Reflection Questions

1. What has changed in my thinking throughout this study?

2. What area of alignment has grown the most?

3. What are still needs strengthening?

4. What practices will I continue moving forward?

Weekly Commitment

One thing I will consistent in

One area I will continue to develop

One commitment I will carry forward

Declaration

I will remain aligned.

I will continue in discipline.

I will walk in what has been established.

FOUNDATIONS OF ALIGNMENT

This study was created to guide a process of alignment through Scripture, reflection, and consistent application.

Each week builds upon the last, establishing a foundation of:

- Hearing
- Alignment
- Order
- Obedience
- Steadfastness
- Guarding the Mind
- Fruitfulness
- Faithfulness

Alignment is not achieved in a moment, but through discipline and intentional practice.

Remain steady. Remain aligned

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