

Anchoring your soul every day

We know it can be so hard to find time each day to take care of your relationship with the Lord. We want to make it easier for you, if we can. We suggest taking one of these thoughts at a time, or even just do part of one, when you can. We hope this will help you think of the Lord as your soul's anchor every day.

- ❖ Read Hebrews 6:13-20. The writer makes it clear that our hope in the Lord is justified because of who God is. As you read this passage, think through all that is said about God's character. If you have a little more time, write a list of all you see. How can you apply this in your life situation? Does God seem as real as the challenges you face? Can you rely on Him completely?
- ❖ It's good to keep in mind that "hope" in the Bible is a confident expectation of something good. That means when we place our hope in God, we're not just wishing He will help us. We can KNOW that He will! Even in the midst of long-term difficulties, God is always good. He is love. He knows. He cares. And He acts. Take a moment to thank God for His goodness and commit to putting your hope in Him.
- ❖ Read Psalm 62:5-8. The verses surrounding this one show us that the author, David, was experiencing a great deal of opposition from others, and it had been going on for a while. But in verses 5-8, he reminds himself that his hope is in the Lord. Then he uses some metaphors for God that describe the Lord's character. What are those metaphors and what do they say about who God is and what He is like? What metaphors would you use for the Lord as you've seen Him working in your life?
- ❖ Take time each day to thank God for who He is. Ask Him to help you rely on Him, to put your hope fully in Him, and to see Him as the Anchor for your soul.

