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## ***Anchored: Hope for the Soul***

Featuring  
***Pam Kanaly***

→ ***Session 1: All Aboard***

*Session 2: Prepare for an Encounter*

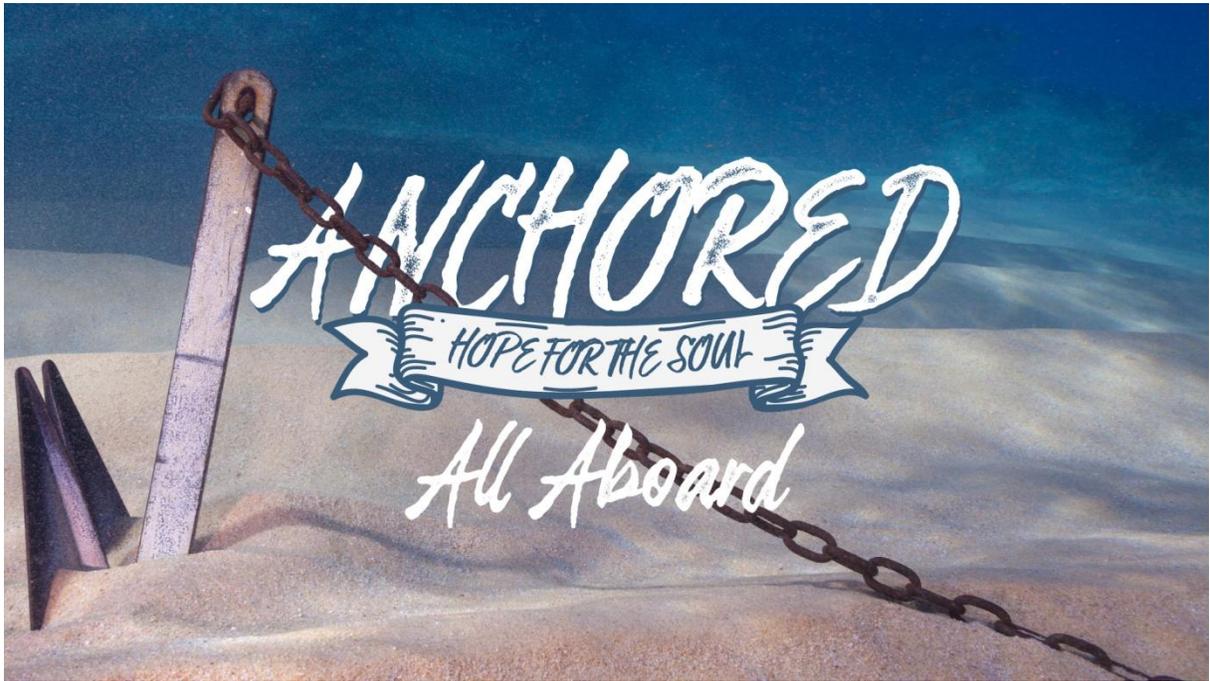
*Session 3: Man Overboard*

*Session 4: Hoist the Mainsail*

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To view the accompanying videos for this series,  
go to <https://ariseministries.net/anchored>

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[www.AriseMinistries.net](http://www.AriseMinistries.net)



*Everyone knows the value of an anchor. An anchor keeps ships from drifting aimlessly. It keeps them from being dragged away in unpredictable currents. And we need the same—an anchor to hold us fast in the storms of life. This week we’ll discover an anchor for our souls that promises to stabilize us through every pending storm. Never will we find ourselves in a predicament where we could be permanently toppled over when we are anchored to Christ.*

1. Describe the “storms of life” you are facing. Consider heartaches, misfortunes, and other disappointments. What keeps you up at night with worry or fear?

2. Rate how well you are “anchored” by faith in the midst of life’s storms.

*My faith is weak.*

*I am all tossed all over the place when trials come.*



*My faith is strong.*

*I am held firmly by Jesus, no matter what I face.*

*Have you ever been in a boat during a storm? If you haven’t, you’ve probably seen enough movies to use your imagination about what it’s like. Besides the threat of deadly lightning, the*

*choppy water and high waves can be terrifying and dangerous. Storms catch us off guard and cause us to panic if we're unprepared without a survival strategy. It can be unwise to head directly for the shore when you face a thunderstorm on the water because of the risk of colliding with unseen hazards causing damage to the boat. Often the wisest choice is to ride it out by facing the waves with a slow and steady speed, or anchoring to the security of the deep bottom of the ocean or lake.*

*Imagine your life as a boating adventure. We spend our days balancing the weight of our crew and equipment. Instability is our enemy, and it threatens to capsize our ship if left unchecked. When the storms of life arise, we are desperate for something that will offer peace and stability. What do you reach for?*

*We begin this week with a passage of scripture about the disciples caught in a storm. Read **Luke 8:22-25** and answer the following questions.*

**Luke 8:22-25** One day he got into a boat with his disciples, and he said to them, "Let us go across to the other side of the lake." So they set out, <sup>23</sup> and as they sailed he fell asleep. And a windstorm came down on the lake, and they were filling with water and were in danger. <sup>24</sup> And they went and woke him, saying, "Master, Master, we are perishing!" And he awoke and rebuked the wind and the raging waves, and they ceased, and there was a calm. <sup>25</sup> He said to them, "Where is your faith?" And they were afraid, and they marveled, saying to one another, "Who then is this, that he commands even winds and water, and they obey him?"

3. Who suggested going across the lake? Do you think this person was aware of potentially threatening weather?
4. The text says Jesus fell asleep as they set out. What happened next in the passage?
5. Do you think it was normal behavior for Jesus to be sleeping while the storm raged? Why or why not? How did the disciples react to the storm? Compare and contrast the attitudes and actions of the disciples and Jesus in verse 24.

*Most of us, if faced with a serious squall while in a boat, might panic as the disciples did. "Master, we are about to die!" they shouted. Perhaps there was lightning all around or the boat*

*was beginning to take on water. Jolted back and forth by the waves, imagine the men and cargo onboard being hurled into the air. And yet, Jesus slept. Was He unaware of the danger they faced? What kept Him from joining their frantic meltdown?*

*It's interesting to notice the desperation expressed by the disciples. From the text, it is obvious they didn't consult Jesus when it began to sprinkle or feel the wind picking up. By the time they woke Him, they were well beyond "concern" and had fully embraced their perceived doom. Are we any different? Think about how often we come to Jesus for help in desperation at the last minute, rather than reaching for Him when we first see trouble approaching. Is it possible we could experience more peace in our lives if we would run to Him sooner?*

6. What does scripture say about trouble we face in life? For whom is trouble certain?

**John 16:33** I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

**Matthew 5:45** For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust.

7. When the storms of life come upon you, how do you react? Are you calm and peaceful as Jesus was, or are you terror-stricken with fear, and fall to pieces?

8. Return to the storm in **Luke 8**. When they woke Jesus, what did He do and what question did He ask his disciples? Why do you think He asked this of them?

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*Many of us behave as the disciples did. We see the potential danger brought on by a storm and we scramble around to stabilize the situation. As our emotional boat takes on water—disturbances, heartaches, and afflictions—we begin to sink from the weight of fear and worry.*

9. Consider difficult situations you are facing. How would you answer the same question Jesus asked, “Where is your faith?”

*We all face storms. If God ordains for us to experience the rough seas of life, we can be certain He has purpose in the struggles. In storms, our instability points us to our need for a rescuer. Through storms, we test God’s faithfulness to be near. It’s where God increases our faith and dependence on Him. It’s where the long process of transformation and becoming more like Christ is incubated. In storms, our suffering collapses our own independence, and we cry out, “Jesus, I need You!” He alone is able to save us.*

*Let Jesus ask you the same question, “Where is **your** faith?” Is your faith tied to your financial stability? Is it tied to your health, happiness, or your children’s behavior? Do you gain your value, peace, and identity in your job or from a relationship?*

10. In what way do you think it built the faith of the disciples to endure a storm with Jesus?

11. Read **Hebrews 6:19**. What does it say about hope in our anchor? Who is our hope? What does this mean to you?

**Hebrews 6:19** We have this hope as an anchor for the soul, firm and secure.

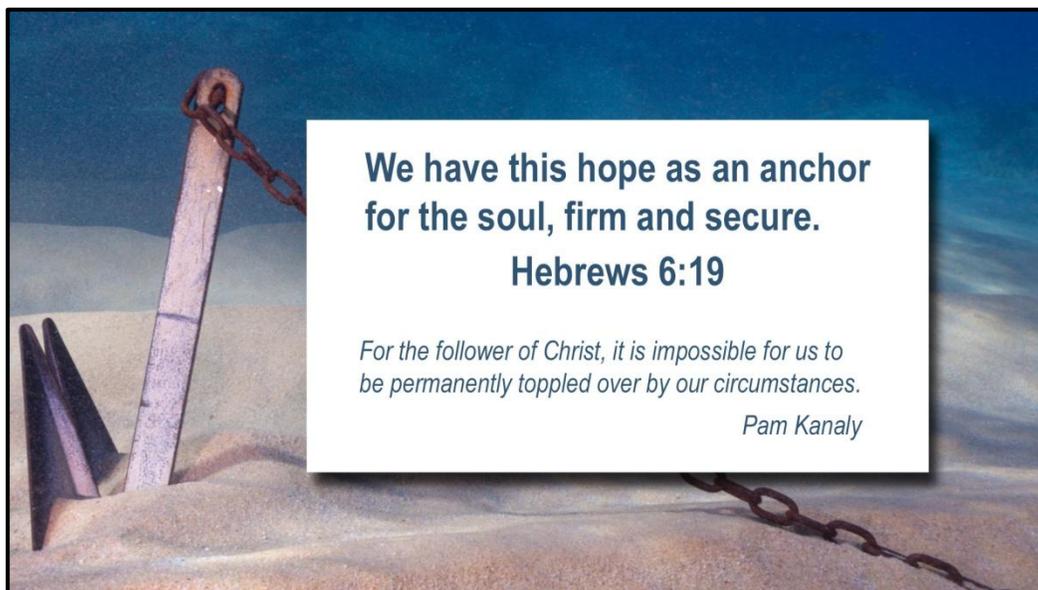
*An anchor holds a boat firmly in place when the heavy metal device, attached to the boat by a chain, is thrown into the water where the fluke digs into the bottom. It’s not useful until it is cast into the water, where we can’t see it accomplish its purpose below the surface.*

*Jesus, the Hope of Salvation, is our anchor. He is working to steady, stabilize, and rescue us even when we cannot see His hand at work. No matter what storms we endure in this life, He is the anchor to our souls, which is held firmly secure in the assurance of His presence.*

12. Create an illustration that symbolizes how Jesus is your anchor during the storms of life. Sketch the anchor that tethers you to Him.

13. **Luke 8:25** records the words of the disciples, “Who then is this, that He commands even winds and water, and they obey Him?” Are you in awe of a Savior who controls everything in the world with His words? If nature obeys Him, then so should we. Conclude this lesson with a prayer, trusting Christ to be the anchor of your soul, firm and secure.

*\*If you’ve never trusted Jesus to be your personal Savior, read the following pages for an understanding of how to become a Christ follower.*





## Have you trusted Jesus as your Savior?

Are you lost at sea? Blown and tossed by the storms of life without an anchor? Have you trusted Jesus as your Savior? Is there a tug of God on your heart to draw closer to Him? God is likely calling you into what Christians call the plan of salvation. We're not here by accident. God loves us and wants us to have a personal relationship with Him through Jesus, His Son. However, one thing separates all of us from God: sin.

The Bible describes sin as our failure to measure up to God's holiness and righteous standards. We sin by our actions, choices, and thoughts. The Bible affirms our own experience: "there is none righteous, not even one." In other words, no matter how good we try to be, none of us can live a perfect life.

Some people classify themselves as either good or bad. But God says that *every* person who has ever lived is a sinner and that our sin separates us from God. No matter how we might classify ourselves, we are all born separated from God.

*"For all have sinned and come short of the glory of God." Romans 3:23*

Many people are confused about the way to God. Some think they will be punished or rewarded according to how good they are by their actions. Some think they should make things right in their lives before they try to come to God. But here's the great news: God loves us and provides a way to Him. Our sins demand punishment—the punishment of death and separation from God. But because of His great love, God sent His only Son Jesus to die for our sins.

*"God demonstrates His own love for us in this: While we were still sinners, Christ died for us." Romans 5:8*

For us to come to God, we must get rid of our sin problem. But, in our own strength, not one of us can do this. We cannot make ourselves right with God by being a better person. Only God can rescue us from our sins. And why would God deliver us? Because He loves us.

*"He saved us, not because of righteous things we had done, but because of His mercy." Titus 3:5*

It's God's grace that allows us to come to Him—not our efforts to "clean up our messes." It's a free gift.

*"For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast." Ephesians 2:8-9*

For us to come to God, the penalty for our sin must be paid. God's gift to each of us is His son, Jesus, who paid the debt for us when He died on the Cross.

*“For the wages of sin is death, but the gift of God is eternal life in Jesus Christ our Lord.”  
Romans 6:23*

Jesus paid the price for our sins by giving His life on the cross. God brought Jesus back from the dead. He provided the way for us to have a personal relationship with Him through Jesus. When we realize how deeply our sin grieves the heart of God and how desperately we need a Savior, we are ready to receive God’s offer of salvation.

To admit we are sinners means turning away from our sin and selfishness and turning to follow Jesus. It’s called “repentance.” We change our thinking about how grievous sin is to the Father, so that our thinking is in line with His.

All that’s left for us to do is to accept the gift that Jesus is holding out for us in being right with Him.

*“If you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.” Romans 10:9-10*

God says that if we believe in His son, Jesus, we can live forever with Him in glory.

*“For God so loved the world that He gave his one and only Son, that whoever believes in him shall not perish, but have eternal life.” John 3:16*

Friend, are you ready to accept the gift of eternal life that Jesus is offering you right now? If it is your sincere desire to receive Jesus into your heart as your personal Lord and Savior, then talk to God from your heart.

#### **Here's a Suggested Prayer:**

*“Lord Jesus, I know that I am a sinner and I do not deserve eternal life. But I believe You died and rose from the grave to make me a new creation and to prepare me to dwell in Your presence forever. Jesus, come into my life, take control, forgive my sins, and save me. I am now placing my trust in You alone, and I accept Your free gift of eternal life.”*

### **Notes for Small Group Discussion:**

1. Briefly share your thoughts on the video.
2. Briefly talk about spiritual concepts you learned.
3. Share with your group a choice you need to make that will honor God.
4. Consider practical ways to find accountability with these truths.

To share your thoughts regarding this study, contact us at [info@ariseministries.net](mailto:info@ariseministries.net).

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Pam is the co-founder of Arise Ministries and one America's leading advocates for single mothers raising children. She is the author of *The Single Mother and Her Rollercoaster Emotions*. As a former Bible teacher and national television talk-show cohost, Pam thrives in empowering and equipping women to live life with intentional purpose in what truly matters. Learn more from Pam at [www.AriseMinistries.net](http://www.AriseMinistries.net) and [www.PamKanaly.com](http://www.PamKanaly.com)



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