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

Featuring  
***Pam Kanaly***

*Session 1: All Aboard*

*Session 2: Clear the Deck*

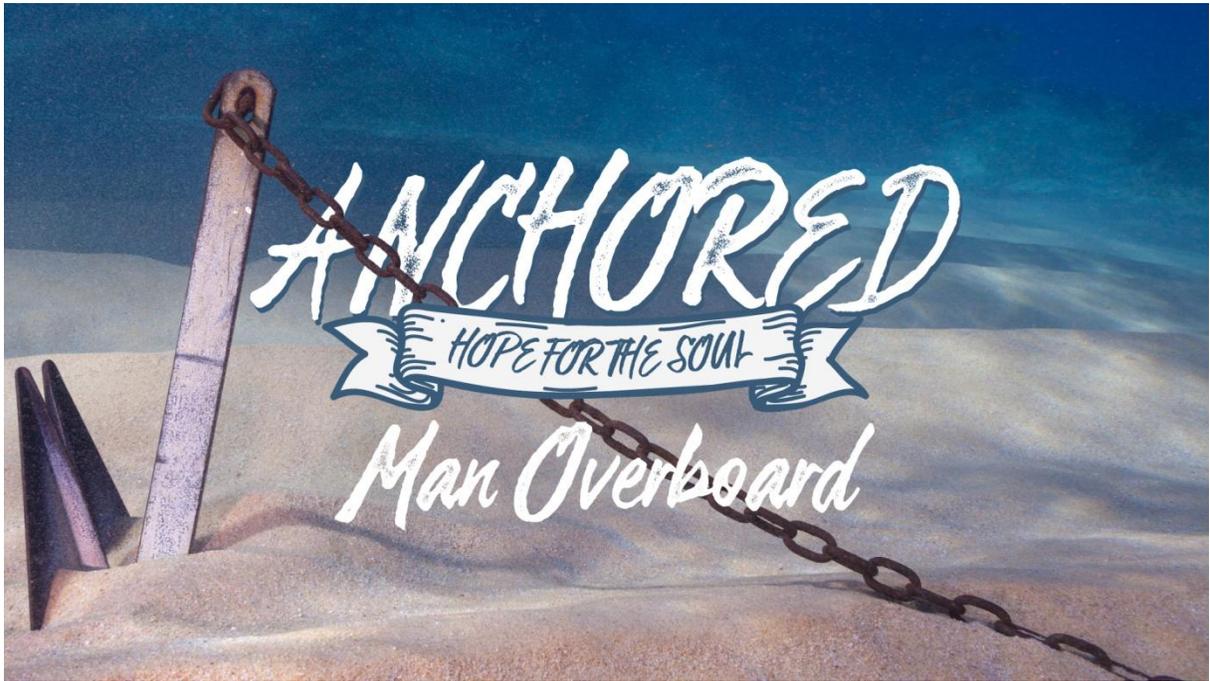
**→ *Session 3: Man Overboard***

*Session 4: Hoist the Mainsail*

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

This series is presented by Arise Ministries. More online Bible studies can be found at  
[www.AriseMinistries.net](http://www.AriseMinistries.net)



*When is the last time you witnessed someone doing a somersault on the floor? How about a somersault off the side of a ship? In today's lesson, we'll jump ship and descend down into the depths of the sea and explore an unseen, sensational world of GREAT power that anchors the soul: prayer and thanksgiving. You'll walk away with a stunning reminder that God is bigger than your circumstances and that He knows you intimately.*

1. Who do you most enjoy communicating with? Why? What do you talk about?
2. How important has prayer been to you? It's likely you desire a stronger prayer life than you are experiencing. Answer according to what is true about your prayer life now.

*I pray when I am desperate.  
Often my prayers center  
around my wants and desires.  
Prayer can be a "last resort" for me.*



*I pray intentionally and often  
throughout my day. Prayer is less  
about what I want and more  
focused on knowing God's will.*

*We all understand the concept of communication. We have conversations with our friends, children, co-workers, and with people we don't even know. Imagine a world in which there was no interaction between people. We would quickly cease to exist! Without communication relationships are never formed, or they fall apart.*

*Consider your answer to the first question. If you never spoke to that person and never exchanged ideas, thoughts, or experiences, would you still feel the same way? Of course not. A vibrant, living relationship requires communication.*

*Why would we expect anything different in our relationship with God? How can we grow in our union with Him if we don't communicate with Him? The answer is simple: we can't. Prayer is a spiritual communication between man and God. It's a two-way interaction in which we not only talk to God, but we listen as well. Void of an active prayer life, we don't have an intimate relationship with Him.*

3. Is it possible we don't value communication with God because we don't fully grasp His omniscience—the attribute of being all-knowing? Read these scriptures and record your thoughts about the awesomeness of God to have infinite knowledge.

**Psalm 147:5** Great is our Lord, and abundant in power; his understanding is beyond measure.

**Psalm 8:3-4** When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?

**Job 28:24** For he looks to the ends of the earth and sees everything under the heavens.

**Psalm 33:13-15** The LORD looks down from heaven; he sees all the children of man; from where he sits enthroned he looks out on all the inhabitants of the earth, he who fashions the hearts of them all and observes all their deeds

4. Not only does God have infinite knowledge of everything past, present, and future, but His understanding of us—His prized creation—is equally immeasurable. Read the following scriptures and note your thoughts about how the creator of the universe is intimately and infinitely familiar with you.

**Psalm 139:1-4, 13-16** O LORD, You have searched me and known me! You know when I sit down and when I rise up; You discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O LORD, You know it altogether. For You formed my inward parts; You knitted me together in my mother's womb. I praise You, for I am fearfully and wonderfully made. Wonderful are Your works; my soul knows it very well. My frame was not hidden from You, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in Your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

**Matthew 10:30** But even the hairs of your head are all numbered.

**John 10:14** I am the good shepherd. I know my own and my own know me.

5. How does the truth of God's omniscience, as demonstrated in the scriptures above, anchor your heart to Him?
6. If He knows more about us than we know ourselves, why is prayer necessary?
7. What does scripture say about the manner in which we come before God in prayer? Why would this be important?

**Psalm 100:4** Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!

*How often do we come to God in prayer, bypassing the gate code and courtyard rules, and barging right into His presence with our urgent requests and demands? Most of us have done it. Yet, it makes sense that when communing with our gracious God, we should first offer words from a grateful heart.*

8. What reasons do we have for practicing gratitude to God?

**Psalm 136:1** Give thanks to the LORD, for he is good, for his steadfast love endures forever.

**Psalm 103:1-5** Bless the LORD, O my soul, and all that is within me, bless his holy name! Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy who satisfies you with good so that your youth is renewed like the eagle's.

**Daniel 2:20** Blessed be the name of God forever and ever, to whom belong wisdom and might.

*Gratitude is far more significant to being anchored in our prayer life than its lightweight reputation would suggest. Gratitude opens the door to God's presence by acknowledging His power and sovereignty. It takes the sting out of adversity and defuses worry, causing negative thoughts to grow weaker and weaker. It opens up our minds to God's thoughts.*

9. What does **Isaiah 55:8-9** say about God's thoughts versus our human ability for understanding and reasoning?

**Isaiah 55:8-9** "For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

*If we believe this truth, then our only reasonable response toward an all-knowing God is to trust Him, and place our hope in Him as the anchor for our soul.*

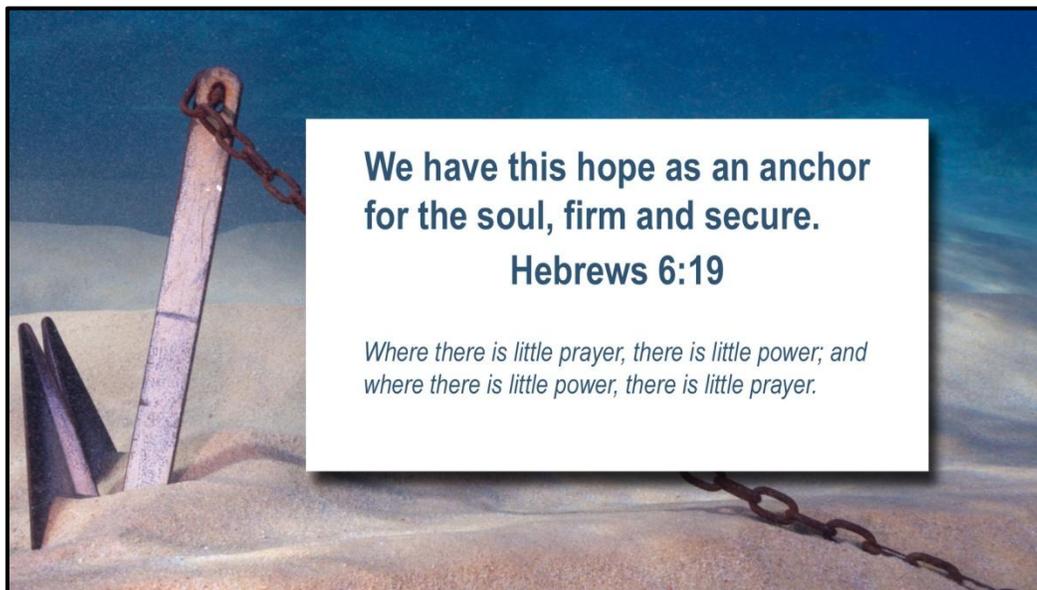
10. How would it change your communication and love for God if you expressed gratitude, praise, and thanksgiving to Him?

*What are you facing that seems outside of God's control? Everything He has said, purposed, or promised, He is able to do. We'll never be permanently shipwrecked where it's beyond God's ability to gather the shattered pieces and make something beautiful out of the wreckage.*

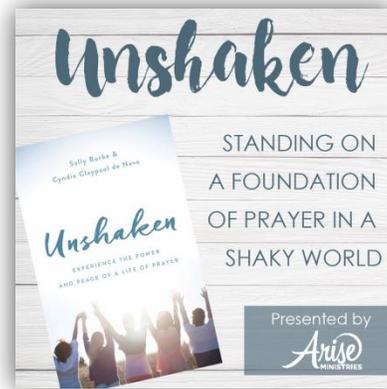
*Martin Luther said these words, "To be a Christian without prayer is no more possible than to be alive without breathing." For the follower of Christ who finds herself in need of an anchor for the soul, there is Jesus. Through prayer, we grip the rocks of safety when we envision the majesty and faithfulness of God. With a heart of gratitude we fix ourselves to the One who holds us steady in any storm. Nothing anchors our wellbeing and equips us to rise up in victory more than communicating with God and trusting Him. Prayer is essential.*

*In light of this God who desires to meet each of us in through an intimate relationship, why not declare, "Man overboard!" and jump with wholehearted surrender into the depths of His love?*

11. Conclude this lesson with prayer. Before you submit your requests to Him, begin by acknowledging His majesty. Enter His gates with thanksgiving and His courts with praise. Ask God to help you make gratitude part of your everyday life as you commune with Him.



To further your study of prayer, check out the 4-week series called “Unshaken.” [www.ariseministries.net/unshaken](http://www.ariseministries.net/unshaken)



**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.

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**PAM KANALY**

**Series Author**

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)



**KIM HEINECKE**

**Study Guide Contributor**

Kim serves as the Director of Operations for Arise Ministries and coordinates the online Bible study content. As a former single mom, she uses her life experiences and personal spiritual growth through studying God’s Word to encourage women. Kim writes for [www.AriseMinistries.net](http://www.AriseMinistries.net) and for her personal website [The Mom Experiment](http://The Mom Experiment).