

**SERIES: WHAT LIES BENEATH**

Being emotionally heathy in an emotional culture.

**SERMON: WHAT IS YOUR ANCHOR?**

7-17-22

**OPENER:**

Joy, sadness, anger, excitement, hatred....No one is immune to any of these feelings. We all experience the entire gamut of emotions, from fear and anxiety to satisfaction and relief, and everything in between.

But it is very easy to be led by our emotions....to let our emotions control our behavior..We get angry and spew things out of our mouth that we would never say otherwise or even get violent. When we're depressed or sad, it's easy to turn to food, or a substance, or a bad habit to cope with those feelings.

In our current culture emotions are running high. Rapid changes worldwide, instability, crisis, fear, sickness, inflation...are pushing people to places emotionally that are very unhealthy. Depression is at an all-time high, suicide rates are skyrocketing....anxiety is the norm..... It seems everyone has a seat on this emotional roller coaster and we need to figure out how to get off.

*Genesis 1:26-27 "Then God said, 'Let us make man in our image, according to Our likeness...So God created human beings in his own image. In the image of God he created them; male and female he created them.*

**GOD MADE US IN HIS IMAGE.**

**THAT IMAGE INCLUDES PHYSICAL, SPIRITUAL, EMOTIONAL, INTELLECTUAL  
AND RELATIONAL.**

Ignoring any aspect of who we are as men and women made in God's image always results in destructive consequences - in our relationship with God and with others and with ourselves.

**I WANT TO SAY FOUR THINGS TO OPEN THIS SERIES TODAY:**

**1. GOD HAS EMOTIONS**

Scripture shows God displaying a wide range of emotions:

> God hates

*Proverbs 6*

> God loves

*John 3:16*

> God feels pleased

*1 Kings 3:10 The Lord was pleased that Solomon had asked for wisdom.*

> God is jealous

***Exodus 34:14 You must worship no other gods, for the Lord, whose very name is Jealous, is a God who is jealous about his relationship with you.***

> Jesus grieved over God's people

***Luke 19:41-44 But as he came closer to Jerusalem and saw the city ahead, he began to weep. <sup>42</sup> "How I wish today that you of all people would understand the way to peace. But now it is too late, and peace is hidden from your eyes.***

> Jesus became angry

***Luke 10:45-46 Then Jesus entered the Temple and began to drive out the people selling animals for sacrifices. <sup>46</sup> He said to them, "The Scriptures declare, 'My Temple will be a house of prayer,' but you have turned it into a den of thieves."***

> Jesus mourned

***John 11:35 Jesus wept***

> Jesus felt compassion

**Matthew 14:14 Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them and healed their sick.**

## **2. GOD CREATED US TO HAVE EMOTIONS**

It's okay to show emotion. It's okay to be emotional. It is not a sin to show your emotions. God does not want us to be mechanical. Our emotions have their place.

## **3. GOD WANTS US TO BE HEALTHY EMOTIONALLY**

When we allow our emotions to push us to make decisions that keep us from doing God's will, disobeying God, or hinder and hurt our relationships then they are unhealthy.

The difference between the Lord and ourselves is our emotions or feelings can lead us to sin, while God's emotions or feelings are righteous and come from a place of love for His people.

**GOD DOES NOT WANT US TO BE EMOTIONALLY LED.  
OUR SPIRIT MUST ALWAYS TAKE THE LEAD.**

**BUT HE ALSO DOES NOT WANT US TO BE  
EMOTIONALLY DEAD.  
OUR EMOTIONS HAVE THEIR PLACE.**

## **4. WE MUST ALLOW OUR FAITH IN GOD TO GO DEEPER THAN JUST SURFACE LEVEL**

It's easy to not allow our discipleship and our spirituality to not touch the deep internal wounds and sin patterns within us. Especially those ugly ones that emerge behind the closed doors of our homes. The ones that become apparent in our trials, in our disagreements conflicts and setbacks.

**YOU CAN'T BE A SPIRITUAL GIANT AND BE AN  
EMOTIONAL INFANT.**

**ILLUSTRATION:**

What if you are sitting here today and listening to what I am saying. Receiving truth. Then this afternoon at Walmart you see me frustrated and angry and hitting the self-checkout machine and cussing out the associate who is trying to help me.

**CHRISTIAN SPIRITUALITY WITHOUT EMOTIONAL HEALTH  
CAN BE DEADLY TO YOURSELF, YOUR RELATIONSHIP WITH GOD AND THE  
PEOPLE AROUND YOU.**

Externally we can appear kind, gracious, patient and inwardly we are nothing like that. We can present a polished image as a good Christian and cut ourselves off from what is really going on within ourselves.

**PRETENDING SEEMS TO BE SAFER THAN HONESTY  
AND VULNERABILITY.**

We can be angry, bitter, depressed. We can live our lives more out of a reaction to what other people did or might do or what they thought or might think of us. And then we experience the growing tension of leading a double life.

We preach love and forgiveness on Sundays and curse alone in our car on Mondays. The gap between our beliefs and our experience is terrifying.

**EMOTIONAL HEALTH AND SPIRITUAL MATURITY  
ARE INSEPARABLE.  
IT IS NOT POSSIBLE TO BE SPIRITUALLY MATURE WHILE REMAINING  
EMOTIONALLY IMMATURE.**

**ILLUSTRATION:**

Much like an iceberg we are made up of deep layers. Only 10% of the iceberg is visible. This 10% represents the way we conduct ourselves and the changes we make that others can see. But sometimes the roots of who we are can continue unchanged and unmoved.

We need change. We need a true Holy Spirit revival at our core. We need to get out of the spiritual ruts we have dug for ourselves. Instead of being a twenty-two year old Christian, we can be a one-year-old Christian twenty-two times and just keep doing the same unhealthy things over and over again.

Making the link between emotional and spiritual maturity will transform our personal journey with Christ, our marriages, our parenting and ultimately our church!

### **I. THERE IS AN ANCHOR FOR OUR SOULS**

***Hebrews 6:18-19 <sup>18</sup> So God has given both his promise and his oath. These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to him for refuge can have great confidence as we hold to the hope that lies before us. <sup>19</sup> This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary.***

This scripture says we have an “*anchor for our souls*”.

We all know what an anchor is. It's a heavy piece of metal that keeps a ship steady and in t place, when needed.

So we have an anchor to steady our emotions, to keep us in God where we need to be, to keep us from getting off course. To keep us when the waves our emotions try to carry us off.

You need an anchor because you cannot always control your circumstances. Just like a ship cannot control the sea.

Any sea worthy vessel carries an anchor, because you never know when a storm may arise.

- > You cannot control that dear friend that broke their word to you and broke your heart and sold you out. They did the unthinkable. Their behavior shocked you.
- > You cannot control corporate when they decide to cut back on your salary.
- > You cannot control our spouse's decision to walk away and abandon you and your kids.
- > You cannot control inflation or the economy any more than you can control world events.

### **WHAT'S YOUR ANCHOR?**

When I ask that question, I'm asking about what keeps you grounded; what's your home base?

Your anchor is that person or that thing that gives you stability or confidence in an uncertain situation.

It's the thing that keeps you grounded, and keeps your life from capsizing.

Your anchor is your values, your relationships, and even your purpose.

**YOUR ANCHOR IS YOUR “WHY”.  
IT IS THE ESSENCE OF WHAT MAKES YOU WHO YOU ARE.**

The anchor determines whether or not you'll make it through a storm.

The anchor determines whether you stay or leave.

- What are the particular things in your life that keep you feeling safe and secure?
- What are the most important values in your life?
- What kind of person do you aspire to be?
- What do you want others to know most about you?
- What brings you joy and fuels your passion?

## **II. YOUR HOPE IN GOD IS YOUR ANCHOR**

***“Hold on to the hope.” .....when storms rise and your emotions or going up and down like the waves on the sea.***

**HOPE IS MORE THAN WISHFUL THINKING.**

**HOPE IS CLINGING TO THE GOOD WE CAN'T SEE, EVEN IN THE MIDST OF THE BAD WE CAN'T ESCAPE.**

**IT HAS NOTHING TO DO WITH HUMAN EXPECTATIONS.  
IT 'S NOT A MATER OF SOLVING OR FIXING THE PROBLEM.**

**IT'S THE CONFIDENCE THAT GOD IS WITH YOU AND HE WILL CARRY YOU THROUGH SOMEHOW.**

## **III. HOW DO STAY ANCHORED**

### **1. Believe that God Is Sovereign Over All**

To keep our faith it is crucial to maintain our perspective. When faced with something so overwhelming, most of us can't help but lose sight of the bigger picture. The universe is a vast place, yet God controls every inch of it. He is always in charge, even when we don't understand what He's up to. Your pain and confusion have not escaped His notice. He has a plan for you, and He will bring it to fulfillment:

***Isaiah 43:1-3 Do not be afraid, for I have ransomed you.***

***I have called you by name; you are mine.***

***<sup>2</sup> When you go through deep waters,***

***I will be with you.***

***When you go through rivers of difficulty,  
you will not drown.***

***When you walk through the fire of oppression,  
you will not be burned up;  
the flames will not consume you.***

## **2. Be Convinced that Christ Is Your Healer and Protector**

The notion that God is sovereign can be cold comfort to a grieving parent if it isn't combined with the faith that God is also active and involved. He cares about your situation and wants to do something for you.

Jesus has not merely suffered on your behalf; He also suffers with you. His wounds have the power to heal and make you whole (Isaiah 53:5). He will give you beauty for ashes (Isaiah 61:3) and turn your mourning into dancing (Psalm 30:11).

## **3. Rely on The Holy Spirit As Your Helper**

This may be the most important piece of the puzzle. Our sovereign, healing God is neither impersonal nor distant. He desires to live within your heart and revive you from the inside out.

His indwelling Spirit will lift you up and intercede on your behalf when your words have run out and your strength is gone (Romans 8:26).

## **4. Know that Prayer Changes Things**

God hears us when we pray.

“Behold, the Lord’s hand is not shortened, that it cannot save,” writes Isaiah, “or his ear dull, that it cannot hear” (Isaiah 59:1).

The Lord will never leave you nor forsake you (Hebrews 13:5).

## **5. Reach Out To Others**

It’s important to add that a big part of the hope and healing of God’s presence is found in fellowship with His people. Don’t be afraid to reach out to others for the support and understanding you need. God doesn’t want you to bear your burdens alone. Be real. Be vulnerable. Humble yourself and ask or help.

## **CLOSING:**

Ask God to go deeper. To get real. Quit ignoring the warning signs that you are unhealthy inside. Ask for healing of old wounds in your heart. So they don’t hinder God’s will for your life. Hinder your ministry. Hinder your parenting, your marriage, your friendships. Your witness.