



ANCHORS

STUDY GUIDE

WEEK ONE – SEPTEMBER 10

INTRODUCTION



This sermon series challenges us, rather than avoiding storms or trials in our lives, to turn and face them—knowing that, with our disciplines and practices of being a disciple, we can make it through. If you're in a boat and a storm is approaching and you're unable to make it to shore or avoid the storm, it is recommended should drop your anchor off the bow of the boat facing the wind to keep your boat from capsizing. The regular practices of a disciple (worship, discipleship, serving, and giving) are like anchors in our lives that keep us from capsizing and being overtaken by the storms and trials and allow us to face the storms. Each week of the series, we'll look at how these four practices of a disciple are necessary and helpful when facing the storms and trials of life.

Begin by praying—asking the Holy Spirit to guide and direct your time together, to open God's Word to you, to grow you in your walk with the Lord and with each other, and to show you how you might apply what you learn in your daily discipleship.

READ: Luke 8:22-25

Storms in our lives are inevitable. We all face—or will face them. In this scripture passage, the disciples were out on the water, in a boat with Jesus, when a storm rose up and threatened to swamp their boat. Each and every one of us faces storms in our lives. Sometimes, we see the storm coming—and other times the storm comes out of nowhere. When they do come, we must face them—and as we do, we have a choice as to whether we'll allow them to swamp us or we'll persevere. In this story in Luke's Gospel, Jesus reveals the following truths regarding those times when storms inevitably surface:

- 1) Storms come even when we're faithful.**
- 2) When storms come, cry out and look to Jesus.**
- 3) Storms reveal our faith and trust in Jesus.**
- 4) Even in the midst of storms, Jesus will get us to the other side.**

RESPOND:

- What is your usual reaction when storms come into your life?
- Have you ever considered that perhaps you find yourself in the midst of a storm because you're being faithful?
- In what ways do storms reveal our faith and trust in Jesus?
- How would you share your faith and hope in Jesus to someone who's experiencing a storm in their life?

- What do you hear God saying to you in this scripture?
- What do you need to do in response? What might be a beginning step?
- Who do you need to tell in order that they might help and support you?

WEEK TWO – SEPTEMBER 17

WORSHIP



Begin by praying—asking the Holy Spirit to guide and direct your time together, to open God’s Word to you, to grow you in your walk with the Lord and with each other, and to show you how you might apply what you learn in your daily faith journey and discipleship.

READ: Luke 7:36-50

There are several different anchors we can utilize when we face the storms of life. This week, we come to look at, consider, and get in touch with the anchor of **WORSHIP**. The anchor of a regular practice of worship allows us to live in a way that worships Jesus honestly and intimately. We need to understand we were created for worship, that worship is our opportunity to respond to God and grow in our relationship with Him. Worship draws our attention away from us and both invites and allows us to look to God. In today’s passage, the woman at Jesus feet recognizing her sinfulness and looking to Jesus worships Him. Simon looks at his own righteousness and can only see the sinfulness of the woman and misses the opportunity to be in Jesus’ presence and worship. When we utilize the anchor of worship, we turn our eyes to Jesus instead of the storm. In this story from Luke’s Gospel, we learn:

- 1) **Worship invites Jesus in.**
- 2) **Worship acknowledges Jesus as Savior and King.**
- 3) **Worship doesn’t get distracted by judging (the Pharisee was distracted by judging; the woman was not).**
- 4) **Worship reveals God’s love for us.**
- 5) **Worship demonstrates our love for Jesus.**
- 6) **Worship leads to freedom and peace.**

RESPOND:

- What do you believe is the purpose of worship?
- How does our response to others and to God affect our worship?
- Can you recall a time when entering into worship (publicly or privately) helped you find an anchor in a storm you were facing?
- In what ways have you found worship to be an anchor for you?
- How would you share the importance of worship to another person?
- What do you hear God saying to you in this week’s message and scripture?
- What do you need to do in response? What might be a beginning step?
- Who do you need to tell in order that they might help and support you?

WEEK THREE – SEPTEMBER 24

DISCIPLESHIP



Begin by praying—asking the Holy Spirit to guide and direct your time together, to open God’s Word to you, to grow you in your walk with the Lord and with each other, and to show you how you might apply what you learn in your daily discipleship.

READ: Luke 24:13-35

There are several different anchors we can utilize when we face the storms of life. This week, we come to look at, think about, and get in touch with the anchor of **DISCIPLESHIP**. Our scripture passage focuses on the experience of Cleopas and his companion when they encounter Jesus as they walk along the road to Emmaus. This text highlights some key elements of what it means to be a disciple. It does so during a time of sadness and disappointment in these disciples’ lives. But with Jesus and the anchor of discipleship, they’re able to not only share their hopes and disappointments together, but they also see how Jesus is revealed and what the gospel truly is during their time with Jesus and one another. In this story from Luke’s Gospel, we find:

- 1) **The disciples shared their thoughts and feelings with one another and with Jesus.**
- 2) **The disciples are inspired and challenged by Jesus and the Scriptures.**
- 3) **The disciples practiced hospitality.**
- 4) **The disciples participated in the sacraments.**
- 5) **The disciples go and tell others about Jesus.**

RESPOND:

- How can sharing our feelings, our struggles, and our joys with one another help us face the storms we encounter? How can that help us grow as a disciple?
- How has spending time in God’s Word helped you face the storms of life? How has it been an anchor?
- What does “participation in the sacraments” mean to you?
- What challenges do you face when it comes to sharing your faith and telling others about Jesus?
- What do you hear God saying to you in this week’s message and scripture?
- What do you need to do in response? What might be a beginning step?
- Who do you need to tell in order that they might help and support you?

WEEK FOUR – OCTOBER 1

SERVING



Begin by praying—asking the Holy Spirit to guide and direct your time together, to open God’s Word to you, to grow you in your walk with the Lord and with each other, and to show you how you might apply what you learn in your daily discipleship.

READ: Luke 11:37-45

There are several different anchors we can utilize when we face the storms of life. This week, we come to look at, think about, and get in touch with the anchor of **SERVING**. Jesus was invited to a meal with a Pharisee—only to be judged and questioned. In our scripture passage, we find Jesus revealing the heart of the matter as both the Pharisees and teachers of the law are more interested in their own image and successes—while neglecting to genuinely love and serve the community. When facing the storm of opposition and judgment, the anchor of serving helps us to turn our eyes from ourselves and allows us to see people as Jesus sees them and to experience genuine life when we serve others.

Two great quotes:

“Everybody can be great ...because anybody can serve.”
~ Martin Luther King, Jr.

“Strive not to be a success, but rather to be of value.”
~ Albert Einstein

In this story from Luke’s Gospel, we learn:

- 1) **It’s important to not get distracted by the wrong things.**
- 2) **Serving and caring for others cleans from the inside out.**
- 3) **Serving and giving are necessities for the disciple.**
- 4) **Serving reveals who you really are, not what you are pretending to be.**
- 5) **Serving helps to alleviate burdens, not pile on.**

RESPOND:

- What causes you to become distracted by the wrong things?
- What helps you to stay focused?
- How can serving help us grow in our discipleship?
- How does our serving or lack of serving reveal the depth of our discipleship?
- How can serving become an anchor for us?

- How would you explain the importance of serving to another person?
- What do you hear God saying to you in this week's message and scripture?
- What do you need to do in response? What might be a beginning step?
- Who do you need to tell in order that they might help and support you?

WEEK FIVE – OCTOBER 8

GIVING



Begin by praying—asking the Holy Spirit to guide and direct your time together, to open God’s Word to you, to grow you in your walk with the Lord and with each other, and to show you how you might apply what you learn in your daily discipleship.

READ: Luke 9:51-56; 10:25-37

There are several different anchors we can utilize when facing the storms of life. This week, we come to look at, think about, and get in touch with the anchor of **GIVING**. After spending some time in Samaria and not receiving success or hospitality, Jesus uses a Samaritan as an example of what it means to be generous in giving to others. When facing opposition, having the anchor of giving allows us to look past the differences and opposition and look for opportunities to give, love, care for, and make a difference so they’ll see Jesus and the gospel in real time.

A great quote:

“No one has ever become poor by giving.”
~ Anne Frank

In this story from Luke’s Gospel, we learn:

- 1) **Jesus rebukes the disciples for wanting to destroy people for lack of generosity.**
- 2) **Generosity answers the question: “Who is my neighbor?”**
- 3) **Generosity doesn’t wait for others to have compassion for someone in your life.**
- 4) **Generosity is using your resources, talent, finances, and time to love others.**
- 5) **Generosity is being a resourceful and merciful neighbor.**

RESPOND:

- How easy is it to fall into the trap the disciples did as they wanted to destroy the people in the Samaritan village for lack of hospitality and generosity?
- How do we usually determine who is our “neighbor”?
- In what way(s) does generosity answer the question, “Who is my neighbor?”
- How does practicing generosity help us grow as a disciple?
- In what ways do you sense God calling you to be steward the resources with which He has blessed you—your time, talent, and finances?
- How can generosity become an anchor for us?
- What do you hear God saying to you in this week’s message and scripture?

- What do you need to do in response? What might be a beginning step?
- Who do you need to tell in order that they might help and support you?