

Get Your Life Back

WEEK 3: AN ANCHOR FOR OUR SOUL

BIG IDEA:

Have you ever found yourself just a few feet or maybe even a few inches from disaster? In order for our souls to be healthy, we need to fill our lives with the presence and spirit of the Lord. In Him is the strength, power, rest, peace, confidence, and health that we so desperately need.

KEY VERSE:

Hebrews 6:17-20 - Because God wanted to make the unchanging nature of his purpose very clear to the heirs of what was promised, he confirmed it with an oath. God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope set before us may be greatly encouraged. We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf. He has become a high priest forever...

DISCUSSION QUESTIONS:

1. Does your soul have an anchor?
2. Do you find it easy for your soul to drift?

Key Point #1: An Anchor has two purposes: Stability and Security.

3. Is Jesus enough for you? Do you feel satisfied by Him? Why or why not?
4. Are there specific things that you try to anchor your soul to other than the Lord? Share these with your group.
5. In what way(s) do you turn to your relationships for stability and security?

Key Point #2: Jesus is the answer

6. How have you experienced Jesus as your anchor through past storms or struggles you have faced? What did that look like and how has that shaped your perspective today?
7. What would it look like to you for your soul to remain safe and healthy in the face of a storm?

MOVING FORWARD:

You need to trust that there is always beauty after the storm. Jesus is everything you need. He is the stability and the security you are longing for. No matter where you are today, you have a steadfast anchor for your soul. Discuss as a group, what is it that is holding you back from fully trusting the Lord when you face hard things? What do you need to surrender in order to turn to the Lord first as your anchor?