

ANCHOR OF MY SOUL

May 31, 2026

KEY SCRIPTURE

- [Hebrews 6:13-20](#)
- [Romans 5:3-5](#)
- [1 Peter 3:15](#)
- [2 Corinthians 4:17-18](#)

KEY POINTS

- Our souls are vulnerable to the storms of life: anxiety, grief, brokenness, and uncertainty can leave us feeling cast down and drifting.
- Biblical hope is not wishful thinking. It is a confident, unshakeable expectation anchored in the unchanging character and promises of God.
- Jesus is our sure and steadfast anchor. Our hope goes behind the veil into the very presence of God where Jesus has gone as our forerunner.
- Storms and suffering are not meaningless. They produce endurance, character, and a deeper hope that does not put us to shame.
- When our souls feel heavy or tossed by waves, we must intentionally turn our hope back to Jesus, who holds us securely.
- The world notices when we remain steady in the storm; our anchored hope becomes a powerful testimony of God's faithfulness.
- We must always be ready to gently and respectfully share the reason for the hope that is within us.
- Jesus invites every soul to find rest, security, and unshakable hope by being firmly anchored to Him.

DISCUSSION

- Zach shared how he and Emily chose to anchor their marriage to Jesus from the very beginning. What does it look like practically for you to anchor your life (or marriage, family, career) to Jesus?
- Our souls can feel anxious, heavy, or cast down during storms. Share a time when your soul felt tossed by circumstances.
- Hebrews 6:19 calls Jesus the "sure and steadfast anchor of the soul." What does this image mean to you personally?
- Romans 5 teaches that suffering produces endurance, character, and hope. Where have you seen this chain reaction in your own life or someone else's?
- Zach challenged us to be ready to give a reason for the hope that is in us (1 Peter 3:15). How can we better prepare to share our hope with gentleness and respect?
- In the middle of a current "storm," what helps you keep your soul anchored instead of drifting?
- What is one practical step you can take this week to strengthen your anchor line to Jesus and find rest for your soul?