

JESUS IS   
**BETTER**

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Week 13: A Better Anchor

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**Introduction:**

**The Anchor for our Soul...**

Hebrews 6:13-15

Hebrews 6:16-17

Hebrews 6:18

Psalm 23:4

Hebrews 6:19-20

**Our Soul Needs an Anchor!**

What is Biblical "hope?" = Confident \_\_\_\_\_ of coming good

What is the purpose of a soul anchor? To prevent soul-\_\_\_\_\_

\_\_\_\_\_ = Greek "psuche" (mind, will, emotions)

\_\_\_\_\_ = Greek "pneuma" (inner-most being, nature)

\_\_\_\_\_ = Greek "soma" (physical "tent" in which we dwell)

**The Big Idea:**

What on earth are you currently waiting for? Do you feel like you're on a roller-coaster ride of the soul? Do you feel like your thinking, feeling and behavior is often pushed around by stormy seas of life? You have an Anchor, firm and secure!

## **SMALL GROUP Q'S**

### **Personal Life:**

1. In the weekend message, we discussed how the unpredictability of life on earth can trigger fear. Currently, what are the things that trigger fear, stress or worry in your life? Where or how do you think that sense of fear or worry developed?

### **Ponderings:**

2. Explain how our spirit/soul/body composition is helpful in understanding why we can be 100% new, secure and complete in relationship with God, and yet still experience negative feelings and sinful behaviors in this life...
3. How does it help us to realize that negative feelings are not moral or immoral in and of themselves, and that when we have them, we are not abnormal or in need of fearing that there is something "wrong" with us?
4. In the weekend message, we focused on the hope of Jesus as our "better Anchor." What are some of the false or lesser "anchors" we tend to attach ourselves to on a regular basis? Try to offer a practical or tangible example of how Jesus is an "anchor for your soul" in the midst of life's storms...
5. At what level, or in what area, is your faith under attack today? What is going on in your life that makes you wonder whether God cares as much as He says He does?

### **Promptings:**

6. Why is being plugged into Christ-centered community and relationships so helpful in the process of learning to let the hope of Christ be the anchor for your soul? Are you a person who genuinely lets others "in" deeply enough to know and care for your soul...and vice-versa? If not, what needs to change in order for you to pursue more transparency in your relationships with other Christ-followers?