



April 6, 2009

## Throw Me an Anchor Please!

By Teresa Hampton

Have you ever felt like you were in the midst of a physical or emotional storm? Sudden illness, an unstable marriage, loss of a job, or loss of a loved one can make one feel like a ship being tossed by a fierce storm. What is needed is an anchor to help weather the storms of life. Consider these sure and steadfast anchors:

Anchor # 1 – Grasp the hand of God in prayer. Peter said we should “*cast our cares upon Him*” because He cares for us (1 Peter 5:7).

Anchor # 2 – Rely on those who love us. Rely first on the Father, also rely on family and friends who love us dearly.

Anchor # 3 – Embrace the humbling that comes with the storm. Paul told of the humbling nature of his own “*thorn in the flesh, a messenger of Satan*” (2 Cor. 12:7).

Anchor # 4 – Acknowledge God’s power and the light of His word. When a person is being tossed by a fierce storm, what can bring more comfort than seeing a lighthouse in the distance?

Anchor # 5 – Thank God for all things good and bad. “*In everything give thanks, for this is the will of God in Christ Jesus for you*” (2 Thessalonians 5:18).

Anchor # 6 – Imagine the beauties of life eternal. Paul said, “*...we do not look at the things that are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal*” (2 Cor. 4:18).

Anchor #7 – Allow God to lift you above the storm. Someone once said, “the eagle does not escape the storm...it rises on the winds that bring the storm...it simply uses the storm to lift it higher.”

Anchor # 8 – Meditate on the lessons to be learned from the storm. What can be gained from this experience?

Anchors help us weather the storms of life. **Grasp – Rely – Embrace – Acknowledge – Thank – Imagine – Allow – Meditate.** Each of these directs us to the One ultimately in control of *all* things, the **GREAT I AM**. Our Father gives us balance in the midst of the storm. Let us set our anchor firmly in holy ground, confident in our faith, resting with full assurance in the GREAT I AM!

**Today’s Verse:** *This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the forerunner has entered for us, even Jesus...* Hebrews 6:19.

If you would like to subscribe to **Wellspring**, send e-mail to [wellspringforwomen@hotmail.com](mailto:wellspringforwomen@hotmail.com) and type the word **subscribe** in the subject line.

Previous **Wellspring** articles have been archived at <http://www.TheBible.net/wellspring>