

Four Spiritual Anchors For Tough Times

What do you think about when times get tough for you or you are facing a new and difficult challenge? Are you consumed by worry, fear or anxiety? Do you find yourself despairing? Let me suggest that you contemplate what I call “spiritual anchors” because they can help to keep you grounded and stable even in the midst of extraordinarily difficult times or in spite of the challenges you face.

1. The anchor of God’s faithfulness - Lam 3:21-23; 1Cor 10:13; 2 Tim 2:13

²¹*But this I call to mind,*

and therefore I have hope:

²²*The steadfast love of the LORD never ceases;*

his mercies never come to an end;

²³*they are new every morning;*

great is your faithfulness.

¹³*No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.*

¹³*If we are faithless, He remains faithful, for He cannot deny Himself.*

2. The anchor of God’s sufficient grace – 2 Cor 9:8; 12:9-10; Heb 4:16

⁸*And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.*

⁹*But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. ¹⁰For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.*

¹⁶*Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.*

3. The anchor of God’s sovereign design for my life – Gen 50:20; Jer 29:11; Rom 8:28-29; Phil 1:6

²⁰*As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.*

¹¹*For I know the plans I have for you, declares the LORD, plans for wholeness and not for evil, to give you a future and a hope.*

²⁸*And we know that for those who love God all things work together for good, for those who are called according to his purpose ²⁹For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that he would be the firstborn among many brethren.*

⁶*And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.*

4. The anchor of God’s promises of a future inheritance – Rom 8:18; 1 Cor 2:9; 2 Cor 4:16-18;

¹⁸*For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.*

¹⁶Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.