

# Hope Anchors the Soul

*We have this hope as an anchor for the soul, firm and secure. **Hebrews 6:19***

What does this verse mean? Let's start by breaking down each part:

What is hope? If someone has hope what are we talking about? The dictionary definition is a feeling of expectations for a certain thing to happen. It can also mean having trust in the right things to happen. When we talk about hope in church it is an expectation of what God has promised. What has God promised us? He has promised to always be there for us, to forgive us, and to take care of us.

What is an anchor? What is the purpose of an anchor? Boats use anchors when they are out a sea so that they stay in one place and don't get taken away by the sea. If boats didn't have anchors, they wouldn't be able to stay still and would get taken any which way by the sea. The anchors are big heavy objects attached to a chain or rope. They then get dropped all the way down to the bottom of the sea and hold the boat in place!+

When the verse says "hope is an anchor for the soul" is that a big heavy object connected to us? No way! It is talking about the promises that God has made to us. If we keep our hope (which is our belief of what God has promised us) we will hold firm and secure and we won't float around. We won't be able to be swayed by challenges we face. We will know that God is with us and that God has us! We won't need to be afraid of anything and we will be able to get through any situation.

So as you go about your week, think of your anchor!

There is a blank anchor attached if you would like to color it!

I look forward to seeing you all in 2 weeks!

Megan

