

Edward Christian Church “Hope -The Anchor of Your Soul” -pt 9

What an **Anchor** is to a **Ship**, **Hope** is to the **Soul**. They both **Stabilize - Hold Steady** amidst the **Storms** in life. **Every Christian** has been given a **Secure Anchor** in the **Person of Christ...**

"We have this hope as an anchor for the soul, firm and secure." -Heb 6:19

How to Stand against the Storms of Grief

*All of us experience deep **grief / mourning**. If you stay **locked** in a **prison of emotional pain**, your **heart** will become **deadened** to **hope**. **Realize** that you have a **Savior** who **experienced** the most **severe grief...** the One who **agonized** in the garden of **Gethsemane** with the **anguish** of His **Soul...***

"My soul is overwhelmed with sorrow to the point of death" -Matthew 26:38

To Weather the Storm Gales of Grief...

- Remember **that Some Grief / Suffering Is Natural / Must Be Endured for a Time**.
"We do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all." -2 Corinthians 4:16-17
- Reach **Out To God With Your Grief / Sorrow**.
"The LORD is close to the brokenhearted and saves those who are crushed in spirit." -Psalm 34:18
- Realize **That Jesus Has Already Borne For You All Your Grief / Sorrow**.
"He took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted." -Isaiah 53:4
- Repent of **Any True Guilt You May Be Experiencing**.
"Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death." -2 Corinthians 7:10
- Reflect **On Fond Memories of the Past / Allow Yourself to Grieve Over Specific Events**.
"There is a time for everything... a time to weep and a time to laugh, a time to mourn and a time to dance." -Ecclesiastes 3:1, 4
- Reach **Out To a Friend / Share Your Pain**.
"Carry each other's burdens, and in this way you will fulfill the law of Christ." -Galatians 6:2
- Remain **Hopeful, Knowing that this Feeling of Deep Grief Will Pass**.
"I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy." -John 16:20
- Reinforce **Your Faith By Giving Hope to Others**.
"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God." -2 Corinthians 1:3-4
